Course Information

Division: Health & Physical Education
Course Number: HPE 276
Title: Sports Psychology
Credits: 3
Developed by: Andrea Bagnall
Lecture/Lab Ratio: 3 Lecture/0 Lab

Transfer Status:

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tr>
<td>KIN Department Elective, EXW Department Elective</td>
<td>HS Department Elective</td>
<td>PE Departmental Elective</td>
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Activity Course: No
CIP Code: 51.0800
Assessment Mode: Pre/Post Test (20 Questions/20 Points)
Semester Taught: Fall and Spring
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is designed for the Sports Medicine and Rehabilitative Therapies program. It is also designed to meet the needs of students involved in other Health and Physical Education programs, including Sports Studies.

Description
Examination of psychological factors that influence sport performance and coaching behaviors and the psychological effects that sport and exercise involvement have on the participant. Includes an introduction to sport psychology and sport history, psychological principles of behavioral development and control, social psychological dimensions of sport and exercise, personality assessment, the study of special athletic populations, coaching roles and behavior, and exercise psychology. Course Identical to HHP 276.
Supplies
None

Competencies and Performance Standards

1. Examine the fundamentals of personality and sport.
   **Learning objectives**
   What you will learn as you master the competency:
   a. define personality
   b. understand personality structure
   c. measure personality
   d. study personality for five viewpoints
   **Performance Standards**
   You will demonstrate your competence:
   o correctly answering test questions pertaining to the fundamentals of personality and sport
   Your performance will be successful when:
   o you can define personality and understand personality structure
   o you measure personality and specify the five viewpoints

2. Examine the various components of motivation.
   **Learning objectives**
   What you will learn as you master the competency:
   a. define motivation
   b. understand the three approaches to motivation
   c. understand achievement motivation and competitiveness
   d. implement achievement motivation in professional practice
   **Performance Standards**
   You will demonstrate your competence:
   o correctly answering test questions pertaining to motivation
   Your performance will be successful when:
   o you successfully define motivation
   o you understand the three approaches to motivation
   o you understand achievement motivation and competitiveness
   o you can implement achievement motivation in professional practice

3. Examine the concepts of competition and cooperation.
   **Learning objectives**
   What you will learn as you master the competency:
   a. define competition and cooperation
   b. understand and view competition as a process
   c. determine ways to enhance cooperation
d. determine whether competition is good or bad

**Performance Standards**
*You will demonstrate your competence:*
  o correctly answering test questions pertaining to Competition and Cooperation

*Your performance will be successful when:*
  o you define competition and cooperation
  o you understand competition as a process
  o you determine ways to enhance cooperation
  o determine if competition is good or bad

4. **Examine the concepts of group vs. team dynamics.**

**Learning objectives**
*What you will learn as you master the competency:*
  a. identify three theories of group development
  b. understand group structure
  c. determine ways to create an effective team climate
  d. determine how to maximize individual performance in a team sport

**Performance Standards**
*You will demonstrate your competence:*
  o correctly answering test questions regarding the concepts of group and team dynamics

*Your performance will be successful when:*
  o you can identify the three theories of group development
  o you understand the concept of group structure
  o you understand how to create an effective team climate
  o you can maximize individual performance in a team sport

5. **Examine psychological skills training.**

**Learning objectives**
*What you will learn as you master the competency:*
  a. explain psychological skills training
  b. explain why psychological skills training is important
  c. explain the myths of psychological skills training
  d. differentiate between the three phases of psychological skills training

**Performance Standards**
*You will demonstrate your competence:*
  o correctly answering test questions pertaining to psychological skills training

*Your performance will be successful when:*
  o you explain the concept and importance of psychological skills training
  o you explain the myths of psychological skills training
  o you differentiate between the three phases of psychological skills training
6. Examine the concept of imagery.

Learning objectives
What you will learn as you master the competency:

a. explain the concept of imagery
b. explain the importance of where, what, when, and why imagery in sports is important
c. explain how imagery works
d. explain the keys to effective imagery

Performance Standards
You will demonstrate your competence:

o correctly answering test questions pertaining to imagery

Your performance will be successful when:

o you explain the concept of imagery and how it works
o you explain the importance of and the keys to effective imagery

7. Examine the concept of self-confidence.

Learning objectives
What you will learn as you master the competency:

a. define self-confidence
b. examine the concept of self-efficacy
c. understand how to assess self-confidence
d. understand how to build self-confidence

Performance Standards
You will demonstrate your competence:

o correctly answering test questions pertaining to the concept of self-confidence

Your performance will be successful when:

o you can define self-confidence
o you can explain the concept of self-efficacy
o you understand how to assess and build self-confidence

8. Determine ways to enhance health and well-being.

Learning objectives
What you will learn as you master the competency:

a. understand athletic injuries and psychology of injuries
b. differentiate between addictive and unhealthy behaviors
c. differentiate between burnout and overtraining
d. understand the concept of children and sports psychology

Performance Standards
You will demonstrate your competence:

o correctly answering test questions pertaining to health and well-being

Your performance will be successful when:
- you understand athletic injuries and the psychology of injuries
- you can differentiate between burnout and overtraining
- you can differentiate between addictive and unhealthy behaviors
- you understand the concept of children and sports psychology

Types of Instruction
Classroom Presentation

Grading Information

Grading Rationale
Testing 70%
Assignments 20%
Pre-Post Tests 10%

Grading Scale
A  90% - 100%
B  80% - 89%
C  70% - 79%
D  60% - 69%
F  Below 60%