

# Sports Psychology

## Course Design

2007-2008

### **Course Information**

<b>Organization</b>	Eastern Arizona College
<b>Division</b>	Health & Physical Education
<b>Course Number</b>	HPE 276
<b>Title</b>	Sports Psychology
<b>Credits</b>	3
<b>Developed by</b>	Andrea Bagnall
<b>Lecture/Lab Ratio</b>	3 Lecture/0 Lab
<b>Transfer Status</b>	Pending Evaluation
<b>Activity Course</b>	No
<b>CIP Code</b>	13.1314
<b>Assessment Mode</b>	Pre/Post Test (20 Questions/20 Points)
<b>Semester Taught</b>	Upon Request
<b>GE Category</b>	None
<b>Separate Lab</b>	No
<b>Awareness Course</b>	No
<b>Intensive Writing Course</b>	No

### **Prerequisites**

None

### **Educational Value**

This course is designed for the GIFT: Sports Medicine and Rehabilitative Therapies. It is also designed to eventually meet the needs of students involved in other Health and Physical Education programs.

### **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.

### **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:*

- o you understand athletic injuries and the psychology of injuries
- o you can differentiate between burnout and overtraining
- o you can differentiate between addictive and unhealthy behaviors
- o 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% or above
B	80-89%
C	70-79%
D	60-69%
F	59% or below