COURSE TITLE: Sports Psychology
COURSE NUMBER: PSY 353

I. COURSE DESCRIPTION:

This course provides knowledge about psychological factors that affect behavior in sports, such as anxiety, motivation, concentration, and confidence. Students also study the psychological effect that participation in a sport or physical activity has on a performer.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

This is an especially appropriate course for athletes and coaches.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
The student will understand the nature of sport and exercise psychology.

Learning Outcomes: The student will:

A-1 Define sports and exercise psychology.
A-2 Define the role of sport and exercise psychology specialists.
A-3 Discuss the present and future of sport and exercise psychology.

GOAL B:
The student will understand specific psychological concepts as they relate to sports.

Learning Outcomes: The student will:

B-1 Define motivation and discuss several views of it.
B-2 Discuss several theories of competitiveness.
B-3 Describe the process and sources of arousal, stress and anxiety.
B-4 Compare and contrast competitive and cooperation in individual and team sports.

**GOAL C:**
The student will understand group processes as they relate to sports activities.

**Learning Outcomes:** The student will:

C-1 Discuss group and team dynamics.
C-2 Describe group cohesion.
C-3 Identify leadership as a trail approach, a behavioral approach, an interactional approach, and a multidimensional model.
C-4 Discuss communication.

**GOAL D:**
The student will understand concepts related to enhancing performance.

**Learning Outcomes:** The student will:

D-1 Discuss psychological skills training (PST).
D-2 Describe arousal regulation.
D-3 Discuss self-confidence building.
D-4 Identify goal setting.
D-5 Discuss concentration.

**GOAL E:**
The student will understand group processes as they relate to sports activities.

**Learning Outcomes:** The student will:

E-1 Discuss exercise and psychological well-being.
E-2 Describe adherence.
E-3 Identify psychology and athletic injuries.
E-4 Describe substance abuse and eating disorder.
E-5 Discuss burnout and overtraining.

**GOAL F:**
The will understand how to enhance health and well-being.

**Learning Outcomes:** The student will:

F-1 Discuss children’s and psychological development through sport.
F-2 Describe aggression in sport.
F-3 Identify character development and sportsmanship.
F-4 Discuss gender issues in sports and exercise.
GOAL G:
The student will use appropriate written and oral communication skills

Learning Outcomes: The student will:

G-1 Communicate information orally in a logical and grammatical manner.
G-2 Present written information using standard APA style.