COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2252: Sport Psychology

A. CATALOG DESCRIPTION
   1. Credits: 3
   2. Hours/Week: 3
   3. Prerequisites (Course discipline/number): PSYC 1611 or PSYC 2618 or Instructor’s consent prior to registration, College Level Reading.
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course is designed to provide a better understanding of the variety of personalities, learning styles, scope of emotions and cognitive variables that athlete’s face. Other aspects explored will include how individuals blend into a team setting, accept individualized sport instruction, incorporating motivation in practice and competition environments, as well as off the playing surface. Sport psychology applies to all aspects of the athlete’s life, thus a deeper understanding is needed of the holistic picture of the athlete’s approach to sport in their life, while balancing school, family, finances, time for relaxation, the temptation of substance use, personal anxiety when faced with adversity or injuries, and the skills to avoid burnout. Coaches also need to recognize these same issues as they relate to themselves and how to effectively cope with this demanding lifestyle.

B. DATE LAST REVISED (Month, year): April, 2009

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Behavioral Principles
   2. Performance Enhancement – Effective utilization of:
      a) Routine
      b) Mental Imagery
      c) Self-talk
      d) Concentration
      e) Relaxation
      f) Goal Setting
      g) Self-Confidence
   3. Performance Inhibition – Strategies for coping with:
      a) Anxiety
      b) Procrastination
      c) Substance Abuse
      d) Injury
      e) Burnout
   4. Special Athletic Populations
   5. Personality Assessment
   6. Social Implication of Sport: Aggression and Violence
   7. Sport Socialization
   8. Youth Sports Stress
   9. Females and Sport
   10. Minorities and Sport
   11. Exercise Psychology
   12. Coaching Burnout
   13. Exercise Addictions

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Effectively utilize their understanding of the student athlete’s approach to training, motivation, and goal setting as it suits their particular personality, to assist the athlete in achieving their optimal performance level.
   2. Recognize the student athlete’s need for intervention on some level if performance inhibitors are limiting an athlete’s ability to cope with their involvement in sport or day to day quality of life.
   3. Effectively work with a diverse population by understanding the needs of their student athletes.
   4. Understand the social implications that face athletes, their families, their teams, and their communities.
   5. Recognize student athlete issues when confronted with exercise addictions.
   6. Recognize the characteristics of coaching fatigue and strain on the individual.
E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Class Participation
   2. Group Discussion
   3. Completion of Daily Class Assignments
   4. Quizzes/Exams
   5. Written Evaluations
   6. Research Project

G. SPECIAL INFORMATION (if any): None