

Course discipline/number/title: PHED 2252: Sport Psychology

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. 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, incorporate motivation in practice and competition environments and personal daily activities. 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. Student athletes need to address balance for school, family, finances, relaxation, resisting 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): October, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Behavioral Principles
2. Performance Enhancement
  - a) Effective utilization of concentration, self-talk, and imagery
  - b) Effective time management organization
3. Performance Inhibition
  - a) Strategies for coping with anxiety and procrastination
  - b) Skills to cope with injury and to avoid burnout
4. Special Athletic Populations
5. Personality Assessment
6. Social Implications of Sport in Viewing Aggression and Violence
7. Sport Socialization
8. Youth Sport Stress
9. Females and Minorities in Sport
10. Exercise Psychology
11. Coaching Burnout

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 and evaluate methods for assisting student athletes when confronted with issues concerning exercise addictions.
6. Recognize and apply coping strategies when the characteristics of coaching fatigue and strain become apparent.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

May include but are not limited to:

1. Class Participation
2. Group Discussion
3. Daily Class Assignments

- F. METHODS FOR EVALUATION OF STUDENT LEARNING: Continued. . .
  - 4. Quizzes/Exams
  - 5. Research Project
  
- G. RCTC CORE OUTCOME(S) ADDRESSED:  
Communication. Students will communicate appropriately for their respective audiences.
  
- H. SPECIAL INFORMATION (if any): None