



Course Name: Sports Psychology

Course Number: PSY* E244

Credits: 3

Catalog description: A comprehensive study of the psychological concepts related to fitness and sports behavior. The course covers the history, evolution and foundations of this emerging field of study and practice. Topics include personal goal-setting, motivation, imaging, personality characteristics of athletes, competitive anxiety, psychology of coaching, team cohesion, and the effects of sports on spectators. This course will be helpful to those interested in organized sports activities.

Prerequisite, Corequisite, or Parallel: PSY* 111 or Permission of Instructor

General Education Competencies Satisfied:

none

Discipline-Specific Attribute Code(s):

BHEL Behavioral Science elective

Course objectives:

General Education Goals and Outcomes: none

Course Specific Objectives:

1. Demonstrate that they have become familiar with major theorist and their contribution to the field of sports psychology.
2. Demonstrate that they have an understanding of the prominent trends in sports psychology.
3. Demonstrate that they understand how these theories are applied to athletic related situations.
4. Gain a foundational knowledge of the depth, breadth, and history of the field of sports psychology.
4. Demonstrate an understanding the role of personality traits in athletic performance.
5. Demonstrate an understanding of sport and exercise environments and group processes.

Course Content:

1. Personality and Sport
2. Motivation



3. Arousal, Stress, and Anxiety
4. Competition and Cooperation
5. Feedback, Reinforcement
6. Group and Team Dynamics
7. Group Cohesion
8. Leadership
9. Leadership
10. Communication
11. Introduction to PST
12. Arousal Regulation
13. Imagery
14. Self-Confidence
15. Goal-Setting
16. Concentration
17. Concentration
18. Exercise and Psychological
19. Athletic Injuries and Psychology
20. Exercise Behavior and Adherence
21. Burnout and Overtraining

Date Course Created:

Date of Last Revision: 04/04/2017