

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Sport and Exercise Psychology
COURSE NUMBER	EXSC-0204
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	CIP24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

This course will cover various psychological principles associated with sports. Discussions will consist of which psychological variables can hinder athletic performance as well as which variables can enhance performance. Class content will also illustrate numerous psychological techniques which can enhance sport performance.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Introducing Sport Psychology – Getting Started
 - A. Welcome to Sport and Exercise Psychology
- II. Understanding Participants
 - A. Personality and Sport
 - B. Motivation in sport
 - C. Arousal, Stress and Anxiety
- III. Understanding Sport and Exercise Environments

- A. Competition and Cooperation
- B. Feedback, Reinforcement, and Intrinsic Motivation
- IV. Understanding Group Processes
 - A. Group and Team Dynamics
 - B. Group Cohesion
 - C. Leadership
 - D. Communication
- V. Enhancing Performance
 - A. Introduction to Psychological Skills Training
 - B. Arousal Regulation
 - C. Imagery
 - D. Self-Confidence
 - E. Goal Setting
 - F. Concentration
- VI. Enhancing Health and Well Being
 - A. Exercise and Psychological Well-Being
 - B. Exercise Behavior and Adherence
 - C. Athletic Injuries and Unhealthy Behaviors
 - D. Addictive and Unhealthy Behaviors
 - E. Burnout and Overtraining
- VII. Facilitating Psychological Growth and Development
 - A. Children's Psychological Development
 - B. Aggression in Sport
 - C. Character Development and Sportsmanship

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. Develop a fundamental understanding of the Sport Psychology field.
- B. Develop an understanding of motivation in sport psychology.
- C. Develop an understanding of how stress and anxiety affects athletics performance.
- D. Develop an understanding of competition and cooperation.
- E. Explain principles of reinforcement and effective communication.
- F. Develop an understanding of group and team dynamics and group cohesion.
- G. Examine the benefits of leadership and self-confidence in sport.

- H. Examine the effectiveness of imagery and goal setting in sport.
- I. Develop an understanding of the effects of athletic injuries, burnout and overtraining on athletic performance.
- J. Examine aggression in sport along with character development and sportsmanship.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.