

# KIN A289: SPORT AND EXERCISE PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	05/18/2022
Top Code	127000 - Kinesiology
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	• OC Life Skills - Theory - AA (OE1)

## Course Description

This course will enable students to understand the effects of psychological factors on motor performance. In addition, the students will gain an understanding of the effects of participating in physical activity on psychological development, health, and well-being. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

## Course Level Student Learning Outcome(s)

1. The student will be able to manage arousal levels for improved performance by applying theories such as the inverted-U.
2. Explain how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
3. Identify concepts and theories of sport and exercise psychology that can be applied in coaching, teaching, athletic training, or exercise leadership.
4. The student will research, synthesize, and critique information on selected topics in exercise and sports psychology.

## Course Objectives

- 1. Interpret the conditioning process which influences our behavior toward sport
- 2. Discuss the barriers and obstructions which exist in our sport culture
- 3. Examine the characteristics that achieve success
- 4. Define one's responsibility to behavior
- 5. Discuss one's feelings regarding their concept of sport
- 6. Explain the difference between individual and team motivational dynamics

## Lecture Content

Overview The history of sport and exercise psychology Bridging science and practice Personality and Sport Approaches to personality Measuring personality Using psychological measures Cognitive strategies for success Motivation Views for motivation Guidelines for building

motivation Achievement motivation and competitiveness Developing achievement motivation and competitiveness Arousal, Stress and Anxiety Measuring arousal and anxiety Relationship between trait and state anxiety Stress and the stress process How arousal and anxiety affect performance Implications for practice Competition and cooperation Psychological studies of competition and cooperation Enhancing cooperation Motivating behavior Principles of reinforcement and punishment Approaches to influencing behavior Modifying behavior in sports Intrinsic motivation and extrinsic rewards Schedules of reinforcement Group and team dynamics Theories of group development Creating an effective team climate Application of Gestalt concepts Models of cohesion Leadership Multidimensional model of sport leadership Identifying and cultivating group leadership. Communication The communication process Sending and receiving messages effectively Conflict resolution in communication Arousal Regulation Self-awareness of arousal Anxiety reduction techniques Coping with adversity Arousal-inducing techniques Imagery Uses of imagery Keys of effective imagery Personal and team development Self confidence Goal setting Concentration Athletic injuries, burnout, associated disorders and abuse Explaining the stress-injury relationship Psychological reactions to exercise and athletic injuries Eating disorders Substance abuse Burnout Character development and sportspersonship Approaches to developing character and sportspersonship Guiding practice in character development

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lecture, discussion, demonstration, media, computer demonstration, Internet exploration and problem solving.

## Reading Assignments

Students will spend approximately 2 - 4 hours a week reading from the text book and articles from peer reviewed journals and research articles

## Writing Assignments

Written presentation of group report Written assignment in reference to sport in our society Term paper Two examinations on the course material

## Out-of-class Assignments

Students will spend approximately 1 - 2 hours a week completing individual and group written assignments such as a resume, job investigation, interview or research review paper; homework assignments to emphasize course topics.

## Demonstration of Critical Thinking

Construct two written reports Explain the relevance of current happenings in sports to Psychology of Sport Analyze a sporting event and make a practical observation of the coaches and players Prepare a written report on their findings Assess what the students observed and correlate it to our study Produce video tape segments of sport that are relevant and present them to the class Examine sports media publicity items as they relate to principles of sport psychology

## Required Writing, Problem Solving, Skills Demonstration

Class discussions provide opportunities for students to collaborate in problem solving and skill demonstration. Students are required to create

plans that require them to take topics from weekly content and develop plans that demonstrate an understanding of the current topic.

## Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required. Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Weinber, Robert S. Foundations of sports and exercise psychology, 6th ed. Champaign, IL.: Human Kinetics, 2015

## Other Resources

1. Instructor handouts and assigned articles as needed