

KIN C034N: PSYCHOLOGY FOR ESPORTS

Item	Value
Curriculum Committee Approval Date	12/03/2021
Top Code	493012 - Job Seeking/Changing Skills
Units	0 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This course examines how psychological factors, such as stress, performance anxiety, communication, and team dynamics affect gaming performance. This course will help give players the tools to minimize the psychological barriers associated with gaming. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Apply psychological principles to help overcome mental barriers in esports competition.

Course Objectives

- 1. Outline the five principles of focused attention
- 2. Explain the four correlates of teamwork.
- 3. Describe how mental performance tools can minimize psychological barriers in esports.

Lecture Content

Mental Performance Tools What Are Mental Performance Tools Visualization, Positive Self-Talk, Goal Setting, Imagery Developing Focused Attention The Five Principles of Effective Concentration Being A Successful and Effective Teammate The Four Correlates of Teamwork Cohesion Role Relationships Cooperation Leadership Knowing Your Role as A Teammate The Benefits of Mindfulness in Performance Intentional and Purposeful Focus, Attention, Action What is Mindfulness Mindfulness Meditation for Short- and Long-Term Benefits

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Online Enhanced NC Lect (NC5)
- Live Online Enhanced NC Lect (NC9)

Instructional Techniques

This course will use a combination of lecture, practical skills demonstration, discussions, quizzes, and short writing assignments.

Reading Assignments

Research and read about the challenges of mental performance in esports Research and read how to develop focused attention

Writing Assignments

Written assignment on how to implement performance tools into esports
Written assignment on the benefits of mindfulness in performance

Out-of-class Assignments

Written assignment on the importance of mental health
Written assignment on being a better teammate in esports competitions

Demonstration of Critical Thinking

Short quizzes that assess the students understanding of mental performance in the esports world. Short writing assignments that demonstrate the students ability to understand the importance of psychological barriers and why its important to overcome them

Required Writing, Problem Solving, Skills Demonstration

Short writing assignments Quizzes Projects

Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. 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. 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 OConnor, E. The Psychology of Performance, ed. The Great Courses, 2017

Other Resources

1. Scholarly articles will be used from leaders in the industry.
2. Coastline Library Career Technical Education Database: <https://www.proquest.com/career.accountid=40745>