

# PSYC C125: SPORT AND EXERCISE PSYCHOLOGY

| Item                               | Value                                      |
|------------------------------------|--------------------------------------------|
| Curriculum Committee Approval Date | 10/07/2022                                 |
| Top Code                           | 129900 - Other Health Occupations          |
| 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),<br>• Pass/No Pass (B) |

## Course Description

This course examines how psychological factors influence sports, athletic performance, exercise, and physical activity. Key topics include psychological characteristics of and for performance, motivation, exercise and health psychology, and skill acquisition. Enrollment Limitation: KIN C125; students who complete PSYC C125 may not enroll in or receive credit for KIN C125. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Interpret fundamental ideas that help one understand the behavior of sport and exercise participants.
2. Apply the principles of mental techniques to athletic and exercise performance.

## Course Objectives

- 1. Discuss the role of self-confidence and goal setting in motivating athletes.
- 2. Understand the effectiveness of behavioral and cognitive interventions in sport.
- 3. Apply the principles supported by research literature to athletic performance.

## Lecture Content

Sport and Performance Psychology The Psychology of Performance Deliberative Practice How Values and Goals Drive Performance Mindfulness in Performance The Benefits of Mindfulness in Performance When Positive Thinking Doesn't Work Acceptance and the Willingness to Feel Commitment and Motivation Commitment Means "No Matter What" Finding Internal Motivation Mental Techniques Using Imagery to Prepare for Action Confidence and Self-Talk Developing Focused Attention Rituals and Anxiety Superstitions, Rituals, and Routines Peak Performance: Getting in the Zone Performance Anxiety and Choking Being a Perfectionist Being the Perfect Perfectionist Self-Compassion and Self-Improvement Burnout, Injury, and Violence Burnout and the Need for Recovery Pain Tolerance and Injury Rehabilitation The Dangerous Pursuit of the Ideal Body Fan Psychology, Identification, and Violence Teams and Aging Four Qualities of a Successful Team Talent: A

Developmental Process How to be a Great Sports Parent Aging Athletes: Competing and Retiring

## Method(s) of Instruction

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

## Instructional Techniques

Lectures, discussions, Q A, group work, presentations, and/or case studies will be used as the major instructional techniques for this course

## Reading Assignments

Textbook reading, library research assignments, practice tests on lesson content and key terms, group and individual projects, and/or preparation for discussions.

## Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize concepts introduced in the class and draw appropriate conclusions, and to present their conclusions in a well-organized and clearly written format.

## Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments

## Demonstration of Critical Thinking

Problem solving exercises, assessment of self and others and application of research to back-up conclusions on written assignments may be used to assess critical thinking.

## Required Writing, Problem Solving, Skills Demonstration

Examples include analysis of case studies or reviews of expert literature; responses to guiding questions

## 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. 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
2. Required Robbins, J.; Madrigal, L. Sport, Exercise, and Performance Psychology, ed. Springer Publishing Company, 2017

## Other Resources

1. Coastline Library