

Las Positas College
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Course Outline for KIN 24

SPORT PSYCHOLOGY

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 24 — SPORT PSYCHOLOGY — 3.00 units

A formal introduction to the study of sport psychology focusing upon both the psychological factors that influence participation in sport and exercise and the psychological effects derived from that participation. Emphasis on understanding the psychological processes involved in human performance, models of intervention that can enhance and improve learning and performance conditions, and the strategies which can elicit and influence favorable psychological perceptions and outcomes.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

- Kinesiology

	MIN
Lecture Hours:	54.00
Expected Outside of Class Hours:	108.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- Interpret the foundations of sport psychology including learning, behavior, personality and motivation.
- Analyze the influence of arousal, stress, and anxiety, and how they affect performance.
- Evaluate the conceptual model of cohesion, its affect on building team cohesion and performance success
- Integrate experiential and scientific knowledge to guide the practice of sport psychology;
- Assess the multidimensional model of sport leadership
- Distinguish methods used for sport psychology intervention applied to imagery, self-confidence, goal-setting, and concentration.
- Differentiate psychological aspects of athletic injury. For example, substance abuse, eating disorders, burnout and over-training, and issues concerning the young athlete.
- Examine children's psychological development through sport

V. CONTENT:

- Introduction and foundations of sport psychology:
 - An overview of the historical perspectives contributing to the development and recognition of sport psychology as an applied psychology specialization as well as a sport science
- Bridging science and practice:
 - Identification and analysis of experiential and scientific knowledge, and strategies of integration for practice
- Understanding participants involved in sport and exercise:
 - A critical analysis and discussion of personality and how it influences participation in sport and exercise including cognitive strategies for success
- Understanding motivation
 - Discussion of what motivation is and how it works
 - Critical analysis of the five guidelines for building motivation and the role it plays in sport psychology and in human performance
 - Discussion of the theories of achievement motivation
 - Achievement motivation
 - The role it plays in competition, and implications for professional practice
- Arousal, stress, and anxiety
 - The influence of arousal, stress, and anxiety, and how they affect performance
- Group and team dynamics:
 - Groups and group dynamics as applied in team sports
 - How to develop an effective team climate

3. The conceptual model of cohesion, its affect on building team cohesion and performance success
- G. Leadership
 1. Definitions and traits of leadership
 2. Critical analysis of the multidimensional model of sport leadership
 3. Critical analysis of the four components of effective leadership
- H. Psychological Skills Training
 1. An overview of PST involving discussion and analysis of PST programs, implementation, ethical considerations, and program design
- I. Imagery
 1. Definition and discussion of what it is
 2. How it works
 3. Uses of imagery
 4. Types of imagery
 5. Development of an imagery training programs
- J. Self-confidence
 1. Discussion and definition of self-confidence
 2. Self-efficacy theory
 3. How to assess and build self-confidence
- K. Goal-setting
 1. Discussion of what goals are
 2. Effectiveness of goal-setting system and common problems
- L. Concentration
 1. Discuss concentration
 2. Attentional focus
 3. Self-talk
 4. Tips and techniques for improving concentration on-site as well as overall concentration
- M. Psychology and athletic injuries
 1. Discussion of the psychological factors of injured athletes
 2. Antecedents to injuries
 3. Psychological reactions
 4. The role of sport psychology in injury rehabilitation
 5. An in-depth look of the causes of eating disorders and substance abuse in sports
- N. Burnout and overtraining
 1. Definition and discussion of what these terms represent in sports and training
 2. Causes
 3. Characteristics
 4. Symptoms
 5. Treatment and prevention of burnout
- O. Children's psychological development through sport
 1. Discussion of the psychology of the young athlete
 2. Why they participate
 3. Why they discontinue
 4. Stress and burnout issues

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** -
- C. Colloquium
- D. Primary-source references
- E. Multi-media
- F. **Projects** -
- G. **Guest Lecturers** -
- H. Examination

VII. TYPICAL ASSIGNMENTS:

- A. Writing, critical thinking, problem-solving, or performance
 1. Oral presentation of a personal hypothesis about a special-interest topic which would contribute to the scientific literature of sport psychology.
 2. Video presentation illustrating a particular theory or principle about factors relating to competition, e.g., levels of anticipation, anxiety, arousal, motivation, etc.
- B. Dissertations and evaluative essays
 1. "Arousal, Stress, and Anxiety" (Weinberg). Be able to define, discriminate, and explain in your own words the terms: arousal, stress and anxiety. Be prepared to justify your definitions which will precede a discourse on the significance of the Arousal-Performance views, i.e., Drive Theory; Inverted-U Hypothesis; Hanin's Zones of Optimal Functioning (ZOF); Multidimensional Anxiety Theory; Hardy's Catastrophe Theory; and the Reversal Theory.
 2. "Concentration" (Weinberg). Describe the different types of attentional focus, followed by an explanation of choking and the role of positive and negative self-talk when an attentional problem arises.
- C. Project
 1. Provide guidance, as if the student were a practicing sport psychologist, on 9 tips derived from peer reviewed research.

VIII. EVALUATION:

- A. **Methods**
 1. Exams/Tests
 2. Quizzes
 3. Papers
 4. Projects
- B. **Frequency**
 1. Minimum of two (2) examinations (objective and/or essay).
 2. Quizzes as deemed appropriate throughout the semester.
 3. Two dissertations and/or evaluative essays.
 4. Maximum three (3) projects.

IX. TYPICAL TEXTS:

1. Weinburg, R., & Gould, D. (2016). *Foundations of Sport and Exercise Psychology* (6th ed.). Champaign, IL: Human Kinetics.
2. Horn, T. (2016). *Advances in Sport Psychology* (3rd ed.). Champaign, IL: Human Kinetics.
3. Sanderson, C. (2016). *Sport Psychology* (1st ed.). Oxford, United Kingdom: Oxford University Press.

X. OTHER MATERIALS REQUIRED OF STUDENTS: