

Las Positas College  
 3000 Campus Hill Drive  
 Livermore, CA 94551-7650  
 (925) 424-1000  
 (925) 443-0742 (Fax)

## Course Outline for PSYC 24

### SPORTS PSYCHOLOGY

Effective: Fall

#### I. CATALOG DESCRIPTION:

PSYC 24 — SPORTS 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. Students who have completed or are enrolled in Physical Education 24 may not receive credit. 3 hours.

3.00 Units Lecture

#### Grading Methods:

Optional

#### Discipline:

	<u>MIN</u>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

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

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

1. define, discuss and explain the foundations of general psychology including learning, behavior and personality
2. comprehend, analyze, identify, distinguish, arbitrate, and explain the foundations of sport psychology as an applied psychology specialization as well as a sport science; ways to integrate experiential and scientific knowledge to guide the practice of sport psychology
3. define, analyze, discuss and explain exercise and sports-specific factors that influence and affect behavior; compliance, adherence, performance
4. define, analyze, discuss and explain models of intervention
5. define, analyze, discuss and explain health enhancement and well-being including adherence, athletic injuries, substance abuse, eating disorders, burnout and overtraining, and issues concerning the young athlete
6. define, analyze and discuss gender issues in sport and exercise

#### V. CONTENT:

- A. Introduction and foundations of sport psychology:
  1. 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.
- B. Bridging science and practice:
  1. Identification and analysis of experiential and scientific knowledge, and strategies of integration for practice.
- C. Understanding participants involved in sport and exercise:
  1. A critical analysis and discussion of personality and how it influences participation in sport and exercise including cognitive strategies for success.
- D. Understanding motivation:
  1. Discussion of what motivation is and how it works; a critical analysis of the five guidelines for building motivation and the role it plays in sport psychology and in human performance.
- E. Achievement motivation and competitiveness:
  1. Discussion of the theories of achievement motivation, developing achievement motivation, the role it plays in competition, and implications for professional practice.
- F. Arousal, stress, and anxiety:
  1. Discussion on definition and interpretation of arousal, stress, and anxiety, and how they affect performance.
- G. Understanding competition and cooperation:
  1. Definition of terms will be discussed; focus will be on the psychological aspects of competition, and how to enhance cooperation.
- H. Feedback, reinforcement, and intrinsic motivation:
  1. Discussion on the principles of reinforcement, behavior modification, rewards, and flow.
  2. Group and team dynamics:
    - a. Discussion on groups and group dynamics as applied in team sports; how to develop an effective team climate.
- I. Group cohesion:

1. Critical analysis and discussion of the conceptual model of cohesion, its affect on building team cohesion and performance success.
- J. Leadership:
  1. Discussion on what leadership is, and traits of leadership. Critical analysis of the multidimensional model of sport leadership and the four components of effective leadership.
- K. Communication:
  1. Discussion and evaluation of the communication process; sending and receiving messages effectively.
- L. Psychological Skills Training:
  1. An overview of PST involving discussion and analysis of PST programs, implementation, ethical considerations, and program design.
- M. Arousal regulation:
  1. Discussion on self-awareness of anxiety, anxiety-reduction techniques, relaxation tips, and arousal-reducing techniques.
- N. Imagery:
  1. Discussion of what it is, how it works, uses of imagery, types of imagery, and development of an imagery training program.
- O. Self-confidence:
  1. Discussion and definition of self-confidence; self-efficacy theory; how to assess and build self-confidence.
- P. Goal-setting:
  1. Discussion of what goals are; effectiveness of goal-setting system, and common problems.
- Q. Concentration:
  1. Discussion of what concentration is; attentional focus; self-talk; and tips and techniques for improving concentration on-site as well as overall concentration.
- R. Exercise and psychological well-being:
  1. Discussion on the effects of exercise on well-being and the reduction of anxiety and depression; effects on mood; addiction to exercise; and changes in personality.
- S. Exercise adherence:
  1. Discussion of why individuals do or don't exercise; strategies to enhance adherence.
- T. Psychology and athletic injuries:
  1. Discussion of the psychological factors of injured athletes; antecedents to injuries; psychological reactions; and the role of sport psychology in injury rehabilitation
- U. Substance abuse and eating disorders:
  1. An in-depth look of the causes of eating disorders and substance abuse in sports.
- V. Burnout and overtraining:
  1. Definition and discussion of what these terms represent in sports and training; causes of, characteristics of, symptoms of; treatment and prevention of burnout.
- W. Children's psychological development through sport:
  1. Discussion of the psychology of the young athlete; why they participate, why they discontinue, stress and burnout issues.
- X. Aggression in sport:
  1. Discussion and definition of what aggression is, causes of aggression and special considerations of aggression in sport.
- Y. Character development and sportsmanship:
  1. Discussion and definition of character development and sportsmanship; developing and enhancing sportsmanlike attitudes, behaviors, and moral reasoning.
- A@. Gender issues in sport and exercise:
  1. Discussion on sex differences; socialization patterns of girls and boys; gender inequity in sport; and gender role orientation.

## VI. METHODS OF INSTRUCTION:

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

## VII. TYPICAL ASSIGNMENTS:

A. Reading 1. "Arousal, Stress, and Anxiety" (Weinberg, pp. 91-113) 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, pp. 333-357) 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. B. Writing, critical thinking, problem-solving, or performance: 1. Dissertation on a provocative and controversial issue pertinent to sport psychology as an applied psychology and as a sport science. 2. Oral presentation of a personal hypothesis about a special-interest topic which would contribute to the scientific literature of sport psychology. Video presentation illustrating a particular theory or principle about factors relating to competition, e.g., levels of anticipation, anxiety, arousal, motivation, etc.

## VIII. EVALUATION:

### A. **Methods**

1. Exams/Tests
2. Quizzes
3. Papers
4. Projects
5. Other:
  - a. Examination and quizzes: Objective and Essay
    1. Typical examination question:
      - a. Identify, analyze and explain the various theories of achievement motivation; cross-reference each explanation with the Iceberg Profile, the Mental Health Model for Predicting Performance, and the two personality dispositions in terms of appropriate matching of motivation and personality.
    2. Typical essay question:
      - a. It is clear that behavioral techniques can produce positive changes in a variety of behaviors. Discuss and explain the guidelines that can increase the effectiveness of intervention programs.
    3. Typical quiz question:
      - a. Explain the Leadership Scale for Sports (LSS) and how it relates to recognized antecedents of leadership. Contrast this with the recognized consequences of leadership.
  - b. Dissertations and evaluative essays:
    1. Typical dissertation topics:
      - a. Justification of sport psychology in a community college physical education curriculum;

- b. The effect and influence of expectations on performance.
- 2. Typical evaluative essay topics:
  - a. Strategies to enhance adherence to exercise in private, commercial, and corporate setting;
  - b. Critical considerations in character development
- c. Video presentations (optional; alternative)
  - 1. Typical video topics:
    - a. Anticipatory levels of NCAA Division I athletes in the starting blocks for the 100m hurdles;
    - b. Levels of aggression of the San Francisco 49'ers and the Dallas Cowboys during the final quarter of the Superbowl
- d. Projects
  - 1. Typical project topics:
    - a. Student-selected with approval by instructor. Topic must be relevant to sport psychology.

#### **B. Frequency**

- 1. Minimum of two (2) examinations (objective and/or essay).
- 2. Quizzes as deemed appropriate throughout the semester.
- 3. Minimum two (2) dissertations and/or evaluative essays.
- 4. Maximum three (3) projects.

#### **IX. TYPICAL TEXTS:**

- 1. Weinberg, et al. *Foundations of Sport and Exercise Psychology*., Human Kinetics, 1995.
- 2. Murphy, et. *Sport Psychology Interventions*., Human Kinetics, 1995.
- 3. Orlick *In Pursuit of Excellence*. 2nd ed., Leisure Press, 1990.

#### **X. OTHER MATERIALS REQUIRED OF STUDENTS:**