PREREQUISITES: PSYC0101 Psychology

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com for the required text for your particular class.

COURSE DESCRIPTION: This course will cover various psychological principles associated with sport. Discussions will consist of which psychological variables can hinder athletic performance as well as which variables can enhance performance. Class content will also illustrate numerous psychological techniques which can enhance sport performance.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Introducing Sport Psychology – Getting Started
   A. Welcome to Sport and Exercise Psychology

II. Understanding Participants
A. Personality and Sport  
B. Motivation in Sport  
C. Arousal, Stress and Anxiety  

III. Understanding Sport and Exercise Environments  
A. Competition and Cooperation  
B. Feedback, Reinforcement, and Intrinsic Motivation  

IV. Understanding Group Processes  
A. Group and Team Dynamics  
B. Group Cohesion  
C. Leadership  
D. Communication  

V. Enhancing Performance  
A. Introduction to Psychological Skills Training  
B. Arousal Regulation  
C. Imagery  
D. Self-Confidence  
E. Goal Setting  
F. Concentration  

VI. Enhancing Health and Well Being  
A. Exercise and Psychological Well-Being  
B. Exercise Behavior and Adherence  
C. Athletic Injuries and Unhealthy Behaviors  
D. Addictive and Unhealthy Behaviors  
E. Burnout and Overtraining  

VII. Facilitating Psychological Growth and Development  
A. Children’s Psychological Development  
B. Aggression in Sport  
C. Character Development and Sportsmanship  

EXPECTED LEARNER OUTCOMES:  

A. The student will develop a fundamental understanding of the Sport Psychology field.  
B. The student will develop an understanding of motivation in sport psychology.  
C. The student will develop an understanding of how stress and anxiety affects athletics performance.  
D. The student will develop an understanding of competition and cooperation.  
E. The student will explain principles of reinforcement and effective communication.  
F. The student will develop an understanding of group and team dynamics and group cohesion.  
G. The student will examine the benefits of leadership and self-confidence in sport.  
H. The student will examine the effectiveness of imagery and goal setting in sport.  
I. The student will develop an understanding of the effects of athletic injuries, burnout and overtraining on athletic performance.  
J. The student will examine aggression in sport along with character development and sportsmanship.
COURSE COMPETENCIES:
The student will define sport psychology.
1. The student will define sport psychology
2. The student will define sport psychology
3. The student will describe the role of sport psychologist and the required training necessary to become one.
4. The student will describe the major developments in the history of sport psychology.
5. The student will distinguish between scientific and practical knowledge.
6. The student will describe career opportunities and future directions in the field.

The student will develop an understanding of motivation in sport psychology.
6. The student will define motivation and its components.
7. The student will compare and contrast a variety of views of motivation.
8. The student will explain useful guideline for building motivation.
9. The student will define achievement motivation and how it develops.

The student will develop an understanding of how stress and anxiety affects athletics performance.
10. The student will explain the nature of stress and anxiety and how they are measured.
11. The student will identify major sources of anxiety and stress.
12. The student will explain how and why arousal and anxiety-related emotions affect performance.
13. The student will compare and contrast ways to regulate arousal, stress and anxiety.

The student will develop an understanding of competition and cooperation.
14. The student will discuss the social factors influencing competition and cooperation.
15. The student will explain the positive and negative aspects of competition.
16. The student will demonstrate an understanding of how to balance competitive and cooperative efforts and the benefits of doing so.

The student will explain principles of reinforcement and effective communication.
17. The student will explain how positive and negative feedback influence behavior.
18. The student will discuss different types of intrinsic and extrinsic motivation.
19. The student will describe how such factors as scholarships, coaching behaviors, competition and feedback influence intrinsic motivation.
20. The student will describe how to send and receive messages more effectively.
21. The student will identify the causes of breakdowns in communication.

22. The student will explain how to offer constructive criticism.

The student will develop and understanding of group and team dynamics and group cohesion.
23. The student will explain the difference between a group and a team.
24. The student will describe how to create an effective team climate.
25. The student will explain how to maximize individual performance in team sports.
26. The student will define the cohesion-performance relationship.
27. The student will identify guidelines for building team cohesion.
The student will examine the benefits of leadership and self-confidence in sport.
28. The student will define leadership and self-confidence.
29. The student will explain the Multidimensional Model of Sport Leadership.
30. The student will describe the four components of effective leadership.
31. The student will describe strategies for building self-confidence.
32. The student will explain how expectations affect performance and behavior.

The student will examine the effectiveness of imagery and goal setting in sport.
33. The student will define imagery and goal setting.
34. The student will identify factors affecting the effectiveness of imagery.
35. The student will explain how and when to use imagery.
36. The student will describe principles of goal setting.
37. The student will identify common problems in goal setting.

The student will develop an understanding of the affects of athletic injuries, burnout and over-training on athletic performance.
38. The student will identify psychological factors in athletic injuries.
39. The student will explain the role of sport psychology in injury rehabilitation.
40. The student will define over-training and burnout.
41. The student will identify factors leading to and symptoms of over-training and burnout.
42. The student will describe the treatment and prevention of burnout.

The student will examine aggression in sport along with character development and sportsmanship.
43. The student will define and identify causes of aggression.
44. The student will explain special considerations relative to aggression and sport.
45. The student will define character development and sportsmanship.
46. The student will describe how character and sportsmanship are influenced.
47. The student will describe the effects of winning on character development and sportsmanship.

ASSESSMENT OF LEARNER OUTCOMES: Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed
to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

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