

KINE 203 - Introduction to Applied Sports Psychology Course Outline

Approval Date: 12/17/2020

Effective Date: 08/12/2022

SECTION A

Unique ID Number

Grading Option Letter Grade or P/NP

Distance Education On-Campus

Mode of Instruction Hybrid
Entirely Online

SECTION B

General Education Information:

CSU GE Area E: Lifelong Understanding and Self-Development:

E - Lifelong Understanding and Self-Development

Approved on:Fall 2021

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Introduction to Applied Sports Psychology provides and introduction to

Description psychological theories, strategies and skills as applied to athletic performance. The course is designed to help individuals and coaches optimize performance in exercise, athletics and health activities. Topics will include imagery, goals setting, cognitive restructuring, attentional focusing, arousal regulation, motivation and self actualization during sports participation.

Schedule Description Introduction to Sports Psychology

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

3. Course Content

1. Overview of Psychology and its Role in Sport

- A. Historical development
- B. Current trends

2. Personality and Sport

- A.
- B. Definition of personality and how personality impacts sport performance
- C.
- D.
- E. Tools used by coaches/ sport psychologists to measure personality
- F.
- G.
- H. Personality research as applied to sport performance
- I.
- J.
- K. y
- L.

3. The Role of Motivation in Sport

- A.
- B. Defining motivation in sport and performance and outlining approaches to motivation
- C.
- D.
- E. Achievement motivation and competitiveness
- F.
- G.
- H. Identifying four theories of achievement motivation as applied to sport performance
- I.
- J.
- K. Developing achievement motivation and competitiveness
- L.
- M.
- N. Using achievement motivation in professional coaching practice
- O.

4. Arousal, Stress, and Anxiety as applied to athletic performance

- A.
- B. Evaluating athletic performance and responses to internal and external stress
- C.
- D.
- E. Defining stress and examining the stress process

- F.
- G.
- H. Identifying sources of stress and anxiety for the student athlete and athletic performer
- I.
- J.
- K. Connecting arousal and anxiety to performance
- L.
- M.
- N. Applying knowledge to coaching practice
- O.

5. Competition and Cooperation

- A.
- B. Defining competition and cooperation
- C.
- D.
- E. Viewing competition as a process
- F.
- G.
- H. Enhancing cooperation
- I.
- J.
- K. Evaluating studies of competition and cooperation
- L.

6. Feedback, Reinforcement, and Intrinsic Motivation

- A.
- B. Principles of reinforcement
- C.
- D.
- E. Approaches to influencing behavior
- F.
- G.
- H. Guidelines for using positive reinforcement /punishment
- I.
- J.
- K. Behavior modification and cognitive behavior therapy tools as applied to athletic competition
- L.
- M.
- N. Intrinsic motivation and extrinsic rewards
- O.
- P.
- Q. Impacts of both positive and negative influences
- R.
- S.

T. How extrinsic rewards affect intrinsic motivation in sport

U.

V.

W. Strategies for increasing intrinsic motivation and flow

X.

7. Team Dynamics and Cohesion

A.

B. Recognizing the difference between groups and teams

C.

D.

E. Identifying three theories of group development

F.

G.

H. Understanding group structure

I.

J.

K. Creating an effective team climate

L.

M.

N. Maximizing individual performance in team sports

O.

P.

Q.

N.

W. How to develop an imagery training program

X.

Y.

Z. When to use imagery

AA.

12. Self-Confidence

A.

B. Defining self-confidence

C.

D.

E. Understanding how expectations influence performance Tools used to develop and promote positive selfconfidence

F.

A.

B. Goal Setting

C.

A.

B. Reducing anxiety and depression with exercise

C.

D.

E.

Written assignments directly from text or supplemental reading

Example 1. Identify sources of stress and anxiety; create a written plan to tailor coaching strategies to individuals based on needs

Example 2. Discuss three phases of psychological skills training program. Develop program and outline potential problems of implementing program.

C. Other Assignments

Research: Student will evaluate academic path and job opportunities for sports psychologist

Research paper on current usage of sport psychology tools and techniques and applicability to multiple levels of sport activity.

6. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Weinberg, R Gould, D

Title: Foundations of Sport and Exercise Psychology

Publisher: Human Kinetics

Date of Publication: 2018

Edition: 7th