



Contra Costa College Course Outline

Department & Number	<u>Kinesiology 205</u>
Course Title	<u>Applied Sport Psychology</u>
Prerequisite	_____
Co-requisite	_____
Prerequisite or concurrently	_____
Challenge Policy	_____
Advisory	_____

Number of Weeks per term	18
Lecture Hours per term	54
Lab Hours per term	
*HBA per term	
Activity Hours per term	
Units	3

***HOURS BY ARRANGEMENT:** Hours per term.

ACTIVITIES: (Please provide a list of the activities students will perform in order to satisfy the HBA requirement):

COURSE DESCRIPTION

This course will examine the psychological factors that influence sport performance and coaching behaviors, and the psychological effects that sport and exercise involvement have on the participant. This course will also include an introduction to sport psychology and sport history, psychological principles of behavioral development and control within sports, social psychological dimensions of sport and exercise, the study of special athletic populations, coaching roles and behavior, and exercise psychology. This course will also focus on the most important themes in sport psychology and address mental skills training in a sport context. This course is ideal for students whose interests lie in sports coaching, sport science support, sport psychology, performance management, and sporting participation.

COURSE OBJECTIVES

At the completion of the course the student will be able to:

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| 1. Explain/demonstrate an understanding of what sport psychology is and what sport psychologist do. |
| 2. Explain/demonstrate an understanding of the general history of sport from antiquity to current times. |
| 3. Explain/demonstrate an understanding of the application of behavioral principles in physical skill development. |
| 4. Explain/demonstrate an understanding of the application of behavioral principles of learning to reduce and control anxiety. |
| 5. Explain/demonstrate an understanding of the role of motivation in sport and exercise. |
| 6. Explain/demonstrate an understanding of the social aspects of sport related to leadership, group cohesion, and sport performance. |
| 7. Explain/demonstrate an understanding of the role and effects of aggression in sport. |
| 8. Explain/demonstrate an understanding of personality assessment and how personality influences sport performance. |
| 9. Explain/demonstrate an understanding of the importance of special populations in sport (minority, high-risk, elite, disabled, injured, and drug-abusing athletes). |
| 10. Explain/demonstrate an understanding of the female experience in sport. |
| 11. Explain/demonstrate an understanding of the involvement of youth sport involvement. |
| 12. Explain/demonstrate an understanding of the coaching role in sport. |
| 13. Explain/demonstrate an understanding of exercise physiology. |

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

20	%	Introduction to Sport Psychology and Sport History
20	%	Behavioral Principles and Applications related to Sport Performance
20	%	Social Psychology Dimensions of Sport
20	%	Personality, Assessment, and Special Athletic Populations
20	%	Coaching and Exercise

METHODS OF INSTRUCTION

Online Lecture via videos, audio, text
Multimedia Presentations
Collaborative Learning via online discussion board postings/group discussions/research analysis

INSTRUCTIONAL MATERIALS

Textbook Title:	Applied Sport Psychology: Personal Growth to Peak Performance
Author:	Jean M. Williams
Publisher:	McGraw Hill
Edition/Date:	8th edition, 2012

NOTE: To be UC transferable, the text must be dated within the last 5 years OR a statement of justification for a text beyond the last 5 years must be included.

COURSE EXPECTATIONS (Use applicable expectations)

Outside of Class Weekly Assignments	Hours per week
Weekly Reading Assignments	2
Weekly Writing Assignments	2
Weekly Math Problems	
Lab or Software Application Assignments	
Other Performance Assignments	2

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

50	%	Objective Exams
30	%	Research Project (5-7 page research paper)
20	%	Discussion Board Posts (discussion posts and responses to other students)
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

Letter Grade

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F

Pass / No Pass

70% and above = Pass
Below 70% = No Pass

Student Choice

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F

or

70% and above = Pass
Below 70% = No Pass

Prepared by:

Date: