

# KIN 0086 - PSYCHOLOGY OF SPORT

---

## Catalog Description

Formerly known as PHED 86

Hours: 54 lecture

Description: Surveys the theory, research, and applications of psychology pertaining to exercise and sports. Presents current topics and issues relevant to sport psychology. Designed for students interested in coaching, athletic training and personal performance. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Describe the relationship between sports psychology and stress/burnout.
- CSLO #2: Describe current psychological trends in sports and fitness.
- CSLO #3: Outline team building and cohesion techniques.
- CSLO #4: Explain the relationship between psychology and rehabilitation of sports injuries.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Describe the historical beginnings of sports psychology and factors that influence the involvement of fitness and sport from an American and world perspective.
2. Describe the various personality types involved with coaching and leadership.
3. Compose effective goal setting practices directed towards individual and team concepts.
4. Identify and construct the appropriate responses to problem behaviors of athletes and fitness participants.
5. Construct guidelines for building motivation and cohesion in relation to team and individual sports and activities.
6. Illustrate ways to regulate arousal, stress and anxiety through mindfulness, relaxation practices and mental imagery.
7. Investigate the role of psychological factors in athletic injuries.
8. Describe the determinants leading to burnout, aggression, apathy and depression in sports and fitness.
9. Describe the differences between gender roles, inequality, achievement-related motives and expectations of female and male athletes.

10. Diagram John Wooden's Pyramid of Success.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: 1. Students will take a multiple-choice examination on the pyramid of success. Example Question: How many categories are used in the pyramid of success? A. 12 B. 10 C. 8 D. 14.
- Projects
  - Example: 1. Students will develop a list of characteristics of a player suffering from anxiety during performance.
- Reports
  - Example: 1. In a report, students will compare and contrast what leads to burnout in sports. 2. Student will be able to identify and list behaviors surrounding substance abuse in an athletic setting.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. The instructor will lead a lecture on the role of psychological factors in athletic injuries. Students are expected to actively participate in the lecture and be able to list the factors.

Distance Learning

1. The instructor will conduct an on-line lecture on arousal, stress and anxiety and how to use mindfulness in game situations. Students will write a report on sport related stress and anxiety and post their report for others to read and comment on.

## Typical Out of Class Assignments Reading Assignments

1. Student will read the instructor-supplied hand-out on the Pyramid of Success by John Wooden and then create their own Pyramid of Success that can be used as motivation for their own athletic endeavors or for sport team. 2. Student will read the chapter in the textbook on historical beginnings of sports psychology and prepare a timeline.

## Writing, Problem Solving or Performance

1. The students will write a report on the journey of Women in Sport. 2. Prepare a list comparing and contrasting various personalities types involved with coaching and leadership.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- Applied Sports Psychology: Personal Growth to Peak Performance
  - Author: Williams, Jean
  - Publisher: McGraw-Hill
  - Publication Date: 2017
  - Text Edition: 7th
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**