

**College of San Mateo**  
**Official Course Outline**

**1. COURSE ID:** KINE 104    **TITLE:** Sports Psychology

**Units:** 3.0 units    **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours

**Method of Grading:** Grade Option (Letter Grade or P/NP)

**Recommended Preparation:**

Eligibility for ENGL 838 or ENGL 848 or ESL 400

**2. COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E5b. Social Science

**3. COURSE DESCRIPTIONS:**

**Catalog Description:**

Examination of current theoretical perspectives in sports psychology, applications of theories and techniques of optimal performance, and experiential exercises related to psychological factors that affect performance in sports, and in life. Topics include: Goal setting, motivation, physiology, neuropsychology, stress versus relaxation (arousal regulation), commitment, peak potential, focus/concentration, confidence, and visualization.

**4. STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate knowledge of theories of sports psychology.
2. Apply the learned theories and techniques of optimal performance.
3. Design effective goal setting programs that will help to ensure short and long term goal achievement.

**5. SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Describe the historical and theoretical development of sport psychology.
2. Recognize the special stressors affecting athletes in competitive sport environments.
3. Summarize the research methods used in sport psychology.
4. Illustrate the description of the different populations studied in sport psychology, including children, senior athletes, women in sport, athletes with disabilities, athletes from minority populations, professional athletes, and recreational athletes.
5. Recognize the current research on the following important psychological processes involved in sport performance: goal setting, anxiety, anger, concentration and imagery.
6. Describe the major psychological theories used in sport psychology to explain athletic performance.
7. Recognize the research on the most important interpersonal processes involved in sport performance: leadership, teamwork, coaching, and communication.
8. Demonstrate and understanding of the special problems most frequently encountered in elite sports and how sport psychologists intervene in these issues, including injury, eating disorders, substance abuse, and overtraining.
9. Recognize the literature on what qualities make a sport psychology consultant effective, what roles a sport psychologist plays in the sports medicine and sport science team, and what training and education are required of sport psychologists.

**6. COURSE CONTENT:**

**Lecture Content:**

1.) **Inner Drive**

a. Motivation:

1. Intrinsic vs Extrinsic Motivation
2. Goal Orientation:
3. Performance feedback and interpretation

b. Goals:

1. Perceived Ability
2. Setting Goals

c. Competitive Drive:

1. Competitive Pressure
2. Mental preparation
3. Learning effective competition skills

d. Overtraining:

1. Trend in Increased training
2. Optimal Training vs overtraining
3. Periodized Training
4. Recovery

**2.) Emotional and Mental Control**

a. Anxiety:

1. Competitive Anxiety
2. Relationship between anxiety and performance
3. Anxious Feelings and Responses
4. Measuring Anxiety

b. Anger:

1. Aggressive Mindset
2. The Myth of the “Violent” Athlete
3. Relationship between anger and performance
4. Measuring Anger

c. Concentration:

1. In the zone focus
2. Enhancing Attention for competition

d. Imagery:

1. Use of Imagery in competition
2. Imagery and Improved performance skills
3. Improving the ability to use imagery
4. Imagery effectiveness

**3.) Interactive Skills**

a. Leadership:

1. Types of Leadership
2. Ordinary vs Extraordinary Leadership

b. Teamwork:

1. Good Teams vs Great Teams
2. Team Development
3. Team Goals
4. Team Conflict, cooperation, competition

c. Coaching:

1. Develop your message
2. Effective message-receiving systems
3. Communication Skills

**4.) Potential Pitfalls**

a. Injuries:

1. Impact of injury
2. Injury and Rehab
3. Coping with injury
4. Effective methods of recovery
5. Treatment methods

b. Eating Disorders:

1. Impact of eating disorders
2. Diagnosing eating disorders
3. Identifying disordered eating
4. Intervention

c. Substance Use:

1. Motives for taking (PED's)
2. Drug use pros and cons

## 5.) **The Educated Consumer**

### a. Roles:

1. Team consulting
2. Individual consulting
3. Qualifications:
4. Sports psychologist vs sport consultants
5. Choosing the right practitioner
6. Success in Sport Psych:
  1. Developing a relationship between practitioner and athletes.

## 7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Discussion
- D. Guest Speakers

## 8. **REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

### **Writing Assignments:**

- A. Athlete interview assignment
- B. 25 tips assignment
- C. Miracle Video assignment

### **Reading Assignments:**

- A. Chapters as assigned in the text
- B. Current research on literature related to the topic as assigned
  - a. Web based
  - b. Periodicals

## 9. **REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Homework
- E. Papers
- F. Quizzes
- G. Written examination

## 10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Murphy, Shane. *The Sports Psych Handbook*, 5th ed. Champaign: Human Kinetics, 2015

**Origination Date:** November 2015

**Curriculum Committee Approval Date:** September 2016

**Effective Term:** Fall 2017

**Course Originator:** Andreas Wolf