

KIN 181: SPORT AND EXERCISE PSYCHOLOGY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Proposed
Grading Method:	Standard Letter

Catalog Course Description

This course utilizes research in sport psychology with techniques to implement the research in lifestyle settings. Students will learn an academic and practical approach to sport psychology concepts and theories and how to implement them in practical experiences through fundamentals of communication, counseling, and motivational techniques. This course will concentrate on the scientifically proven methods of enhancing athletic performance through psychological training. 54 lecture hours.

Course Objectives

- To understand how psychological and social factors influence individual's behavioral outcomes
- To understand how participation in sport and exercise affects psychological development
- To conceptualize the basic reasons why individuals perform the way they do, and how to enhance their performance
- To learn how to approach a psychological intervention in a cross cultural population

Major Course Content

1. Beginning Your Journey
 - a. Welcome to Sport and Exercise Psychology
2. Learning About Participants
 - a. Personality and sport
 - b. Motivation
 - c. Arousal, Stress, and Anxiety
3. Understanding Sport and Exercise Environments
 - a. Competition and Cooperation
 - b. Feedback, Reinforcement, and Intrinsic Motivation
4. Focusing on Group Processes
 - a. Group and Team Dynamics
 - b. Group Cohesion
 - c. Leadership
 - d. Communication
5. Improving Performance

- a. Introduction to Psychological Skill Training
 - b. Arousal Regulation
 - c. Imagery
 - d. Self-Confidence
 - e. Goal setting
 - f. Concentration
6. Enhancing Health and Well-Being
 - a. Exercise and Psychological Well-Being
 - b. Exercise Behavior and Adherence
 - c. Athletic Injuries and Psychology
 - d. Addictive and Unhealthy Behaviors
 - e. Burnout and Overtraining

Suggested Reading Other Than Required Textbook

Instructor developed handouts

Examples of Required Writing Assignments

Students will be required to submit a 1-2 page critique on a current article from a psychology journal

Examples of Outside Assignments

Students will be required to write a 4-5 page paper on a movie providing explanation of the use of mental skills in the movie.

Instruction Type(s)

Lecture, Online Education Lecture