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Text Update: Spring 2023
Date Reviewed: Spring 2023
C & G Ed approval: April 13, 2023
Board approved: May 10, 2023
Semester effective:

Kinesiology (KINE) 1540 Sport and Exercise Psychology (3 Units) CSU

Advisory: Eligibility for English 1500 or 1501 strongly recommended.

Hours and Units Calculations:

48 hours Lecture. 96 Outside-of-class Hours (144 Total Student Learning Hours) 3 Units

Catalog Description: This course will explore current and historical concepts as well as psychological theories related to sport and exercise behavior. The course will examine techniques of sport and exercise psychology, including motivation, anxiety, group dynamics, and physical activity adherence, to analyze the role that these concepts have in the achievement of optimal performance. This course will teach students how to integrate sport and exercise psychology knowledge into their personal and professional lives.

Type of Class/Course: Degree Credit

Text: Weinberg, Robert S., and Daniel Gould. *Foundations of Sport and Exercise Psychology*, 7th ed., Human Kinetics, 2019.

Additional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Develop an understanding of how psychological factors influence involvement and performance in sport and physical activity settings,
2. Develop an understanding of how participation in sport and physical activity may impact the psychological and outcomes of those who chose to participate.
3. Identify how the use of sport and exercise concepts, theories, and techniques can improve the physiological well-being of self and society.
4. Apply the appropriate tools and techniques to build motivation, self-confidence and self-image to enhance goal achievement in sport and exercise.
5. Develop the ability to think critically about issues in sport and physical activity.



Course Scope and Content:

Unit I: Introduction to Sport and Exercise Psychology

- A. Reviewing history of sport and exercise psychology
- B. Understanding present and future trends within the field
- C. Career opportunities within sport and exercise psychology
- D. Personality and sport
- E. Motivation
- F. Arousal, stress, and anxiety

Unit II: Understanding Sport and Exercise Environments

- A. Competition and cooperation
- B. Feedback, reinforcement, intrinsic motivation
- C. Diversity and Inclusion
- D. Team dynamics and cohesion
- E. Components of effective sport leadership
- F. Improving communication and delivering constructive criticism

Unit III: Improving Performance with Psychological Training Skills

- A. Arousal Regulation
- B. Imagery
- C. Self-confidence
- D. Goal Setting
- E. Concentration
- F. Managing aggression

Unit IV: Enhancing Health and Well Being

- A. Exercise and psychological well-being
- B. Exercise behavior and adherence
- C. Psychological reactions to athletic injuries
- D. Addictive and unhealthy behaviors
- E. Burnout and overtraining
- F. Character development and sporting behavior

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions



3. Required reading
4. Written work
5. Observing or participating in an activity related to the course content

Methods of Instruction:

1. Lecture
2. Class discussion
3. Audio-Visual Aids
4. Use of the texts online study guide and supplemental material
5. Assigned reading from text
6. Discussion and presentations with professionals in the field

Methods of Evaluation:

1. Exams and quizzes
2. Development of a personal portfolio that describes pathways and requirements for their selected career
3. Homework assignments
4. Research Projects

Supplemental Data:

TOP Code:	127000: Kinesiology
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course

Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	Yes
Eligible for Pass/No Pass:	Yes
Taft College General Education:	NONE
Discipline:	Kinesiology, or Health Education, or Physical Education