COURSE DESCRIPTION: This is an introductory course in Sport Psychology. The student will be introduced to concepts dealing with; competition and practice, arousal, stress and anxiety, aggression in sport, self-confidence, motivation, team dynamics, depression, fan violence and termination from sport.

OBJECTIVES:

1. That the student acquire an understanding of what sport psychologists do.
2. The student will learn how intervention techniques are used to enhance Participation in sport and exercise.
3. Student will learn what research tells us about personality, motivation, And group processes in sport and exercise settings.
4. Student will learn how personal thoughts, feelings and behaviors influence And are influenced by participation in sport and exercise.


REQUIREMENTS: The format of the course will be lecture, class discussion, and Labs That compliment class lectures.

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>February 26, 2003</td>
<td>Exam 1</td>
<td>25%</td>
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<tr>
<td>April 9, 2003</td>
<td>Exam 2</td>
<td>30%</td>
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<tr>
<td>May 17, 2003</td>
<td>Final Exam</td>
<td>30%</td>
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<tr>
<td>Laboratory Assignments*</td>
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*If you are not present for laboratory work, you will receive a grade of 0 for the day. Exceptions unlikely.

TOIPICS

1. Introduction to Sport psychology
   
   Ch. 1 Welcome to Sport and Exercise Psychology
   Ch. 2 Bridging Science and Practice
   Ch. 7 Understanding Competition and Cooperation

2. Anxiety, Arousal, Attention and Sport Performance
3. Optimal Performance States

4. Applied Sport Psychology

Ch. 13 Introduction to Psychological Skills Training
Ch. 14 Arousal regulation
Ch. 15 Imaging
Ch. 16 Self-Confidence

5. Motivation and Sport Performance

Ch. 4 Understanding Motivation
Ch. 5 Achievement Motivation and Competition
Ch. 8 Feedback reinforcement and intrinsic motivation
Ch. 17 Goal Setting
Ch. 23 Burnout and overtraining

6. Personality and Sport Performance

Ch. Personality and Sport
Ch. 24 Children’s Psychological Development Through Sport
Ch. 26 Character Development and Sportsmanship
Ch. 27 Gender Issues in Sport and Exercise
Ch. 22 Substance Abuse and Eating Disorders

7. Team Cohesion

Ch. 9 Group and Team Dynamics
Ch. 10 Group Cohesion

8. Leadership

Ch. 11 Leadership
Ch. 12 Communication

9. Exercise Psychology

Ch. 19 Exercise and Psychological well-being
Ch. 20 Exercise Adherence