A. Course Description

Credits: 4

Prerequisites: PSYC 100 General Psychology or equivalent with instructor's consent.

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: Goal LS - Upper Division Liberal Studies, Goal 05 - Hist/Soc/Behav Sci

In this course students gain an understanding of the application of principles from sports psychology literature and how they are used to enhance perceptions and behaviors of athletes and coaches. It also presents an overview of sports psychology history and development as well as the field's future directions. The course looks at psychological variables applicable to understanding sport performance – personality and theories related to human behavior, motivation, anxiety, concentration, the use of imagery and mental rehearsal; aggression in sport performance; and psychological considerations of burnout, injury and termination from athletics.

B. Course Effective Dates: 03/14/1996 - 09/05/1999 09/06/1999 - 05/06/2002 05/06/2002 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. To apply sport psychology principles and theory to performance areas throughout life.
2. To create a personal mental approach which brings about the greater use of one's talents and abilities in order to produce improved performance outcomes.
3. To explore theory and research that makes up the body of sports psychology information, including research methodology and its influence on the field.
4. To understand the goals and objectives of the field of sport psychology and its sub-fields, and the terminology commonly used.
5. To understand the role of the mind in high-level performance, and mental approaches for excellence.

E. Learning Outcomes (MN Transfer Curriculum)

Goal LS - Upper Division Liberal Studies

None

Goal 05 - Hist/Soc/Behav Sci

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Use and critique alternative explanatory systems or theories.
3. Develop and communicate alternative explanations or solutions for contemporary social issues.

G. Special Information

None