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

This class introduces students to the theory and application of the art of motivating, nurturing and leading groups and individuals to achieving goals. Students gain an understanding that the theories and practical uses of sports psychological principles are relevant and can be applied in a variety of settings including the corporate arena, athletic field and educational environment. Students develop and experiment with leadership and team-building strategies assisting them in developing effective people-management skills.

B. Course Effective Dates: 01/12/2004 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. To acquire an understanding and appreciation of the major issues that impact Coaching Psychology from the coach, team member, and team perspective.
2. To explore the influences, philosophy, and foundational beliefs of successful coaches, and to acquire the skills and knowledge needed to help formulate your own coaching philosophy.
3. To explore ways to build a motivated, committed, and cohesive team.
4. To learn about the personal and psychological skills necessary to be an effective coach.
5. To make application of principles and theory from Sport Psychology to the science of coaching, with particular emphasis on motivation, leadership effectiveness, communication, team dynamics, and mental skills training for performance enhancement.

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.
4. Examine social institutions and processes across a range of historical periods and cultures.

G. Special Information

None