

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

Department of Sports and Health Sciences

Course Number: PSYC 460

Course Name: Sport Psychology

Credit Hours: 3

Length of Course: 8 Weeks

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Instructor Information

Instructor:

Email:

Office Hours:

Course Description (Catalog)

Students will examine human behavior in a sport and exercise setting. They will understand that enhancing individual performance is a primary objective of sport psychology. Students will learn how to create a psychological skills training program, which incorporates theories of anxiety reduction, imagery training, and self-efficacy. Current theoretical perspectives of personality factors in exercise and sport, why people exercise, what motivates an individual, exercise/sport adherence, stress, anxiety, and arousal, and the psychological effects of exercise and sport will be investigated. Students will learn the key features of effective goal-setting, and apply this understanding to their own professional development.

Course Scope

This course provides an overall introduction to the field of Sport Psychology. It covers a broad range of topics including personality, attention, anxiety and arousal, arousal adjustment strategies, attribution, motivation, self-confidence, psychobiology, leadership, goal-setting, group processes and social issues of sport. Students will leave the course with an eclectic understanding of sport psychology. Although the field of sport psychology is commonly associated with performance enhancement of athletes, it is important to note that it tries to maximize the enjoyment of physical activity as well, for both the elite and recreational athlete. Therefore, students will also examine a subset of physical activity known as exercise, and how the sport psychologist can maximize an individual's participation in exercise.

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Course Objectives

Upon completion of this course of study, the student will be able to:

- Analyze how a person's psychological makeup influences an individual's behavior in physical activity contexts?
- Describe typical views of motivation and apply the fundamentals of achievement motivation to guide practice and performance.
- Identify the major sources of anxiety and stress, and explain how and why arousal and anxiety-related emotions affect performance.
- Understand how groups are structured, and explain how to create an effective team climate.
- Define the principles of psychological training and develop a psychological skills training program.
- Describe effective goal-setting principles and design a comprehensive goal-setting program.
- Explain the effects of exercise on anxiety and depression, and discuss the relationship between exercise and psychological well-being.
- Define and discuss addictive and unhealthy behaviors, and create prevention and detection strategies

Course Delivery Method

This **PSYC 460 Sport Psychology** course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted. Your **first Forum post** is due **Thursday evening**, except for the first week where all assignments are due on Sunday. **Follow-up Forum posts are due Sunday evening.**

Course Materials

Required Course Textbook:

Book Number	Authors	Book Title	Publication Info	ISBN
SPMT 460-0	Weinberg & Gould	Foundations of sport and exercise psychology, 5 th ed.	Champaign: Human Kinetics	10-0-7360-8323-5

Textbook in APA format:

Weinberg, R., and Gould, D. (2007). Foundations of sport and exercise psychology, 5th ed. Champaign, IL: Human Kinetics.

Required Readings:

See Course Outline

Additional Resources:

In the Lessons Link there are additional course articles, and up to date APA handouts.

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Websites

In addition to the required course texts the following public domain Websites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address
The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx
North American Society of Sports Management	http://www.nassm.org/

Evaluation Procedures

Evaluation Procedures

Graded Assignment		Percent of Final Grade
Week 1	Introductory & Personality Forum	3
	Quiz	5
Week 2	Forum Achievement Motivation	3
	Understanding Attributions	4
	APA Quiz Due	2
	Quiz	5
Week 3	State Anxiety Instrument	4
	Quiz	5
Week 4	Forum Developing Group/Team Identity	3
	Topic Proposal for issues Analysis Paper	6
	Quiz	5
Week 5	Forum Psychological Skills Training	3
	Psychological Skills Training Inventory	4
	Quiz	5
Week 6	Forum Goal-Setting	3
	Goal Sheet	4
	Quiz	5
Week 7	Forum Exercise and Psychological Well-Being	3
	Quiz	5
	Issues Analysis paper	15
Week 8	Forum Behaviors in Youth Sport	3
	Quiz	5

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Total	100

For a description of specific evaluation requirements for each assignment and forum, please review the rubric in each assignment area. In addition, a forum rubric example is available in you Resource section.

Course Outline

8 Week Course

<u>Week</u>	<u>Topic(s)</u>	<u>Learn ing Objec tive(s)</u>	<u>Reading(s)</u>	<u>Assignment(s)</u>
1	Introduction personality factors that impact upon performance in sport settings.	<u>1</u>	Ch. 1 & 2 PowerPoint Lecture Notes Websites http://www.sportpsychology.com/ http://www.naspspa.org/ APA guideline information	Forum: Introduction & Personality Quiz APA Quiz
2	Achievement Motivation and Attributions	<u>2</u>	Ch. 3 & 6 Lecture Notes PowerPoint Website: http://www.pponline.co.uk/encyc/motivation-in-sports-psychology-35892 http://www.youtube.com/watch?v=l1K6bOG8mj8 APA guideline information	Forum: Achievement Motivation Motivation Problem Solving Work Sheet APA Quiz Quiz
3	Arousal, Stress		Ch. 4	SCAT Anxiety Test/Assignment

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	and Anxiety and Sport Environments	<u>3</u>	Lecture Notes PowerPoint website: http://www.brianmac.co.uk/companx.htm	Quiz
4	Effective Group/team Climate	<u>4</u>	Ch. 7-10 Lecture Notes PowerPoint Website: http://www.helium.com/items/698223-college-sports-team-building-issues	Forum: Developing Group Team Identity Analysis Paper Proposal Quiz
5	Psychological Skills Training	<u>5</u>	Ch. 11-14 Lecture Notes PowerPoint website http://www.sportpsych.org/nine2.html http://www.bodybuilding.com/fun/psychological-skills-training.htm	Forum: Psychological Skills Training (PST) Psychological Skills Training Quiz
6	the importance of goal setting	<u>6</u>	Ch. 15 & 16 Lecture Notes PowerPoint Website: http://www.youtube.com/watch?v=mqxbjXzvzFw http://www.youtube.com/watch?v=i0mSyQLnzNQ&playnext=1&list=PL97899E8D0916B674&index=29	Forum: Goal-setting Case Study My Goals Sheet Quiz
7	Exercise and Psychological Well-Being	<u>7</u>	Chapter 17-21 Lecture Notes PowerPoint Website: http://www.dotfit.com/shop/article.aspx?atid=111	Forum: Psychological Well-being Justifying Exercise and Psychological Well-Being Quiz Issues/Analysis paper
8	Youth Sport and Addictive Behaviors	<u>8</u>	Chapter 22-24 Lecture Notes	Forum: Behaviors in Youth Sport Submitting Issues Quiz

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Please see the [Student Handbook](#) to reference the University's [grading scale](#)

Library Guide

Request a Library Guide for your course (<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu