

**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

SPHS

505

### Sport Psychology

3 Credit Hours

8 weeks

Prerequisite(s): None

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#### Instructor Information

**Instructor:**

**Email:**

**Phone:**

**Office Hours:**

#### Course Description (Catalog)

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Sport Psychology is the scientific study of how individuals behave in sport and exercise, and the practical application of that knowledge to performance enhancement strategies. Students in this course will investigate human behavior patterns in sports and exercise settings. Human behavior is complex, dynamic, and social. There are no easy answers when you try to determine why people behave in a certain fashion. However, this course will focus on the following topics in order for students to interpret and apply fundamental behavioral tendencies.

- Biological and psychological models of personality structure
- Motivational orientations
- Psychological interventions
- Social dynamics in sport

In addition, students will create useful psychological interventions that demonstrate their ability to distinguish the need for normal sport enhancement strategies from serious psycho/physical behaviors that require other professionally trained experts.

Psycho/social relationships to sport performance will be analyzed. Behavior management strategies, modeling, aggression, and group dynamic models will be critiqued as students design philosophies that guide training and intervention strategies.

### Course Scope

At the end of the course, students will understand and be able to apply critical psychological principles to enhance learning and performance, such as Psychological Skills Training (PST). Students will design achievement motivation programs and interventions to assist performers with stress, anxiety, and arousal issues.

### Course Objectives

After completing this course students will be able to:

1. Trace the origins of sport and exercise psychology research, including personality structure and corresponding behavior.
2. Analyze the relationship between learning and motivation.
3. Distinguish the difference between intrinsic and extrinsic rewards, and demonstrate how mental training can be used for performance enhancement.
4. Design a comprehensive goal-setting program for individuals and teams.
5. Create solutions to challenges sport participants experience with stress, anxiety, and arousal.
6. Demonstrate the process of implementing a psychological skills training program.
7. Describe how gender, race, and cultural stereotypes interact with behavior and team building in sport.
8. Relate theories of health and well-being to contemporary sport behavior and suggest prevention and resolution strategies.

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### Course Delivery Method

This SPHS 505 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 posts are due Sunday evening**. Forums are accomplished in groups through a threaded forum experience and individual assignments are submitted for review by the instructor.

### Course Materials

#### Required Course Textbook:

Book Number	Authors	Book Title	Publication Info	ISBN
SPHS 505	Williams, Jean	Applied Sport Psychology	New York: McGraw Hill	0-07-337653-1

#### Textbook in APA format:

Williams, J. M. (2010). Applied sport psychology: Personal growth to peak performance. New York: McGraw-Hill.

#### Required Readings:

See Course Outline

#### Additional Resources:

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

#### 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
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The OWL at Purdue	<a href="http://owl.english.purdue.edu/">http://owl.english.purdue.edu/</a>
APA Style Homepage	<a href="http://www.apastyle.org/index.aspx">http://www.apastyle.org/index.aspx</a>
North American Society of Sports Management	<a href="http://www.nassm.org/">http://www.nassm.org/</a>

<b>Evaluation Procedures</b>	
<b>Graded Assignment</b>	<b>Percent of Final Grade</b>
<b>Week 1 - Introductory Forum-1</b>	<b>2</b>
<b>- Personality Forum-2</b>	<b>3</b>
<b>Week 2 – Learning and Motivation Forum-1</b>	<b>3</b>
<b>-Schema Theory Forum-2</b>	<b>3</b>
<b>- Annotated Bibliography Assignment</b>	<b>9</b>
<b>Week 3 – Intrinsic and Extrinsic Motivation Forum-1</b>	<b>3</b>
<b>-Psychological Attributes Forum-2</b>	<b>3</b>
<b>-Motivational Assignment</b>	<b>9</b>
<b>Week 4 – Goal-setting Forum-1</b>	<b>3</b>
<b>-Goal-setting Forum-2</b>	<b>3</b>
<b>-Goal-setting Assignment</b>	<b>9</b>
<b>Week 5 - Stress, Anxiety, and Arousal Forum-1</b>	<b>3</b>
<b>-Imagery Forum-2</b>	<b>3</b>
<b>-Achievement Motivation Program Assignment</b>	<b>9</b>
<b>Week 6 – Psychological Skills Training Forum-1</b>	<b>3</b>
<b>-Coaching Forum-2</b>	<b>3</b>
<b>- Psychological Skills Training Assignment</b>	<b>9</b>
<b>Week 7 – Gender, Race, and Stereotypes Forum-1</b>	<b>3</b>
<b>-Minority &amp; Gender Forum-2</b>	<b>3</b>
<b>Week 8 – Health and Wellbeing Forum</b>	<b>4</b>
<b>-Website Search Assignment</b>	<b>9</b>
	<b>-----</b>
<b>Total</b>	<b>100</b>

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 your Resource section.

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## 8 – Week Course Outline

<u>Week</u>	<u>Topic(s)</u>	<u>Learning Objective (s)</u>	<u>Reading(s)</u>	<u>Assignment(s)</u>
1	Origins of sport and exercise psychology research, including personality structure	<u>1</u>	Ch.1 Lecture Notes Screen-cast Websites	1) Forum-1: Introduction- Personality 2) Forum-2: Understanding Personality
2	learning and motivation	<u>2</u>	Ch. 2-6 Lecture Notes Screen-cast Website	1) Forum-1: Learning and Motivation 2) Forum-2: Schema 3) Annotated Bib Assignment
3	intrinsic and extrinsic rewards, Mental Training	<u>3</u>	Ch. 9 & 10 Lecture Notes Screen-cast Website	1) Forum-1: Rewards & Performance I 2) Forum-2: Rewards & Performance II 3) Motivational Assignment
4	Goal-setting	<u>4</u>	Ch. 11 Lecture Notes Screen-cast Website	1) Forum-1: Goal-setting 2) Forum-2: Long-term Goal 3) Goal-setting Assignment
5	Stress, Anxiety, and Arousal	<u>5</u>	Ch. 12-16 Lecture Notes Screen-cast Website	1) Forum-1: Stress, Anxiety, and Arousal 2) Forum-2: Stress, Anxiety, & Arousal Solutions Motivation Assignment
6	Psychologic		Ch. 17 & 18	1) Forum-1:

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	<b>al skills training program</b>	<u>6</u>	Lecture Notes Screen-cast Websites	Psychological Skills Training 2) Forum-2: PST II 3) Psychological Skills Training Assignment
7	<b>Gender, race, and cultural stereotype</b>	<u>7</u>	Ch. 19 Lecture Notes Screen-cast Website	1) Forum-1: Gender, Race, and Stereotype 2) Forum-2: Gender, Race, & Stereotypes II
8	<b>Health and well-being</b>	<u>8</u>	Ch. 20-23 Lecture Notes Screen-cast Website	1) Forum-1: Health and Well-being 2) Website Search Assignment

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