

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

SPMT 330 – Psychology of Sport and Exercise

Created by: Barat Wolfe, PhD and Di Para, PhD

**SCHOOL OF HEALTH, SCIENCE, AND CRIMINAL JUSTICE
SPORTS MANAGEMENT
2018-2019**

- A. **TITLE:** Psychology of Sport and Exercise
- B. **COURSE NUMBER:** SPMT 330
- C. **CREDIT HOURS:** 3 lecture hour(s) per week for 15 weeks
- D. **WRITING INTENSIVE COURSE:** No
- E. **GER CATEGORY:** None
- F. **SEMESTER(S) OFFERED:** Spring
- G. **COURSE DESCRIPTION:** In this course, students will explore the psychological variables that impact athletic participation and performance. Through the integration of cognitive, sociocultural, behavioral, and clinical research and practice, students will gain understanding of sport and exercise participants, different sport and exercise environments, group processes, and ways to improve performance, growth, and well-being of sport and exercise participants.
- H. **PRE-REQUISITES/CO-REQUISITES:** None Yes If yes, list below:
Introductory Psychology (PSYC 101) or Foundations of Sports Management (SPMT 101)

I. **STUDENT LEARNING OUTCOMES:**

<u>Course Student Learning Outcome</u> <u>[SLO]</u>	<u>PSLO</u> <u>(Sports Management)</u>	<u>PSLO</u> <u>(Applied Psychology)</u>	<u>ISLO</u>
a. Understand and apply psychological principles and instruments to sport and exercise participants and environments	2. Application of Knowledge and Skill	1. Knowledge base in Psychology	5. Industry, Professional, Discipline-Specific Knowledge and Skills
b. Design, conduct, and evaluate research that addresses psychological questions related to sport and exercise	3. Critical Thinking	2. Scientific Inquiry and Critical Thinking	2. Critical Thinking (IA)
c. Apply ethical thinking and cultural competencies to evaluate and respond to sport and exercise phenomena	6. Morals and Ethics in Sports Management	3. Ethical and Social Responsibility in a Diverse World	4. Social Responsibility (ER)
d. Demonstrate effective written and oral skills in discipline-specific format	4. Communication Skills	4. Communication	1. Communication Skills (O/W)
e. Prepare and implement responses to real life sport and exercise scenarios	1. Professional Competencies 5. Leadership Application	5. Professional Development	5. Industry, Professional, Discipline-Specific Knowledge and Skills

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subset
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industrv. Professional. Discipline Specific Knowledge and Skills

J. **APPLIED LEARNING COMPONENT:** Yes No

K. **TEXTS:**

Weinberg, R., & Gould, D. (2015). Foundations of Sport and Exercise Psychology (6th ed).
Champaign, IL: Human Kinetics.

L. **REFERENCES:**

Williams, J., & Krane, V. (2014). Applied Sport Psychology: Personal Growth to Peak
Performance (7th ed). New York: McGraw-Hill.

M. **EQUIPMENT:** None Needed: Technology enhanced classroom

N. **GRADING METHOD:** A-F

O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**

- Exams/Quizzes
- Research Project
- Assignments/Papers
- Discussion/Participation
- Presentations

P. **DETAILED COURSE OUTLINE:**

- I. Introduction to Psychology of Sport and Exercise
 - A. Defining Sport and Exercise Psychology
 - B. History, Present, and Future Trends of Sport and Exercise Psychology
 - C. Sport and Exercise Psychology Around the World
 - D. Practice of Sport and Exercise Psychology
 - E. Research Methods
- II. Sport and Exercise Participants
 - A. Motor Skill Learning
 - B. Personality and Sport
 - C. Motivation
 - D. Arousal, Stress, and Anxiety
- III. Sport and Exercise Environments
 - A. Competition and Cooperation
 - B. Feedback and Reinforcement
- IV. Group Processes
 - A. Group and Team Dynamics
 - B. Group Cohesion
 - C. Leadership
 - D. Communication
 - E. Coach-Athlete Relationships
- V. Improving Performance
 - A. Characteristics of Peak Performance
 - B. Psychological Skills Training
 - C. Stress and Arousal Regulation
 - D. Imagery
 - E. Confidence
 - F. Goal Setting
 - G. Concentration
 - H. Gender and Culture

- VI. Health and Well-Being
 - A. Physical activity and well-being
 - B. Exercise Behavior and Adherence
 - C. Psychology of Athletic Injuries
 - D. Addiction and Unhealthy Behaviors
 - E. Burnout and Overtraining
- VII. Growth and Development
 - A. Children and Sport
 - B. Sportsmanship and Character Development
 - C. Career Transition

Q. **LABORATORY OUTLINE:** None