

I. CATALOG DESCRIPTION:

Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 201
Course Title: Mental Skills for Sport Performance
Units: 3
Lecture: 3 Hours
Prerequisite: None

Catalog and Schedule Description:
Developing an understanding of the mental aspects of sport performance and learning mental skills that can be used to enhance sport performance.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS

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

- A. Identify common personality characteristics of successful athletes.
- B. Describe and demonstrate mental techniques for improving athletic success.
- C. Describe and demonstrate techniques for motivating athletes.
- D. Assess underlying causes of substandard performance and apply appropriate intervention techniques.
- E. Evaluate team dynamics and develop a mental preparation plan for optimal performance.
- F. Differentiate among various coaching styles and assess the impact of those styles on individual and team performance.

IV. CONTENT:

- A. The Science of Sport Psychology
 1. Overview and historical perspective
 2. Ethics of sport psychology
- B. Characteristics of Successful Athletes
 1. Personality traits and psychological dispositions
 2. The elite athlete: a profile
 3. Anxiety about failure and success
 4. Coping with stress
- C. Regulating Anxiety and Arousal
 1. The coach's role in game preparation
 2. Coaching strategies for halftime and time outs
 3. Guidelines for managing anxiety
- D. Motivating Athletes
 1. Sources of motivation
 2. The science of goal setting
 3. Strategies for motivating individuals and teams
- E. Communication Techniques
 1. The need for dialog
 2. Effective communication techniques
- F. Intervention Techniques
 1. Assessing performance problems
 2. Intervention goals
 3. Intervention techniques
- G. Team Climate
 1. How a group becomes a team
 2. Traits of an effective team

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Discussion
- C. Field demonstration and participation
- D. Guest presentations
- E. Video tape presentations

VI. TYPICAL ASSIGNMENTS:

- A. Discuss ways to motivate athletes based on course readings.
- B. Arrange and conduct interview of intercollegiate or high school coach for case study.
- C. Scout high school athletic teams and write a report on mental preparedness.

VII. EVALUATION(S):

- A. Methods of Evaluation:
 - 1. Term paper
 - 2. Quizzes
 - 3. Oral presentations
 - 4. Final examination
- B. Frequency of Evaluation:
 - 1. Weekly activities (oral or written)
 - 2. Final exam

VIII. TYPICAL TEXT(S):

Anshel, Mark H. Sport Psychology, 4th ed. Gorsuch Scarisbrick Publishers, 2002.
Porter, Kay The Mental Athlete, 1st ed. Human Kinetics, 2003.
Warren, William Coaching and Motivation, 1st ed. Prentice Hall, 1984.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None