

<b>DEREE COLLEGE SYLLABUS FOR: SM 2015 INTRODUCTION TO SPORT PSYCHOLOGY</b>					
(Revised, Fall 2021)	<b>UK LEVEL: 4</b> <b>UK CREDITS: 15</b> <b>US CREDITS: 3/0/3</b>				
<b>PREREQUISITES:</b>	None				
<b>CATALOG DESCRIPTION:</b>	Introduction to the basic concepts of sport psychology theory and practice. Psychology of the athlete at the individual level, including motivation, goal-setting, peak performance, self-confidence, anxiety regulation, and at the team level, including group processes, leadership styles and effective communication.				
<b>RATIONALE:</b>	The study of this relatively new area of psychology of the athlete will help students to better understand the dynamics of the sport environment, which is important for peak performance in their future jobs.				
<b>LEARNING OUTCOMES:</b>	As a result of taking this module the student should be able to: <ol style="list-style-type: none"> <li>1. Demonstrate an understanding of the psychological characteristics of sport participants.</li> <li>2. Explain the processes and dynamics of group development in a sport context.</li> <li>3. Demonstrate understanding <b>Of</b> the techniques that sport psychology consultants use to help athletes improve performance and sport participants adhere to sports programs</li> </ol>				
<b>METHOD OF TEACHING AND LEARNING:</b>	In congruence with the teaching and learning strategy of the college, the following tools are used: <ul style="list-style-type: none"> <li>• Classes consist of lectures followed by discussion of case-studies and presentations on different coaching aspects. Throughout the lectures, students develop knowledge and understanding related to the subject content. In-class small projects reinforce students' cooperation skills, while enriching their cognitive skills.</li> <li>• Office Hours: Students are strongly encouraged to make use of the office hours of their instructor in order to consult and discuss issues related to the course's content.</li> <li>• Use of blackboard, where instructors post lecture notes, assignments, instructions, timely announcements, as well as additional resources.</li> </ul>				
<b>ASSESSMENT:</b>	<p><b>Summative:</b></p> <table border="1" style="width: 100%;"> <tbody> <tr> <td><b>First Assessment:</b> In-class written examination (One-hour closed-book, on core theoretical and practical issues)</td> <td style="text-align: center;">40%</td> </tr> <tr> <td><b>Final Assessment:</b> In-class written examination (Two-hour, closed-book, on core theoretical and practical issues)</td> <td style="text-align: center;">60%</td> </tr> </tbody> </table>	<b>First Assessment:</b> In-class written examination (One-hour closed-book, on core theoretical and practical issues)	40%	<b>Final Assessment:</b> In-class written examination (Two-hour, closed-book, on core theoretical and practical issues)	60%
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	<p><b>Formative:</b></p> <table border="1" data-bbox="657 268 1448 300"> <tr> <td data-bbox="657 268 1258 300">Mock exams</td> <td data-bbox="1258 268 1448 300">0%</td> </tr> </table> <p>The formative test aims to prepare students for the summative assessments. The Midterm Examination tests Learning Outcomes 1 and 2. The Final Examination tests Learning Outcomes 1, 2, and 3.</p> <p>The final grade for this module will be determined by averaging all summative assessment grades, based on the predetermined weights for each assessment. If students pass the comprehensive assessment that tests all Learning Outcomes for this module and the average grade for the module is 40 or higher, students are not required to resit any failed assessments.</p>	Mock exams	0%
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<p><b>INDICATIVE READING LIST:</b></p>	<p><b>REQUIRED MATERIAL:</b></p> <p>Weinberg, R. S., &amp; Gould, D. (2018). <i>Foundations of sport and exercise psychology</i>. Champaign, IL: Human Kinetics.</p> <p><b>RECOMMENDED READING:</b></p> <p><b>A. BOOKS</b></p> <ul style="list-style-type: none"> <li>• Anshel, M., H. (2012). <i>Sport psychology: From theory to practice</i>. San Francisco, CA. Benjamin Cummings.</li> <li>• Horn, T.S. (2002). <i>Advances in sport psychology</i>. Champaign, IL: Human Kinetics.</li> <li>• Weinberg, R. S. (2010). <i>Mental toughness for sport, business and life</i>. Bloomington, IN. Author House.</li> <li>• Williams, J. &amp; Krane, V. (2014). <i>Applied sport psychology: Personal growth to peak performance</i>. N.Y, N.Y. McGraw-Hill Higher Education.</li> </ul> <p><b>B. ARTICLES</b></p> <ul style="list-style-type: none"> <li>• Baker, J., Yardley, J., &amp; Côté, J. (2003). Coach behaviors and athlete satisfaction in team and individual sports. <i>International Journal of Sport Psychology</i>, 34, 226-239.</li> <li>• Bloom, G.A., Stevens, D.E., &amp; Wickwire, T.L. (2003). Expert coaches' perceptions of team building. <i>Journal of Applied Sport Psychology</i>, 15 (2), 129-143.</li> <li>• Brawley, L. (1990). Group cohesion: Status, problems, and future directions. <i>International Journal of Sport Psychology</i>, 21, 355-379.</li> <li>• Gano-Overway, L.A. (2008). The effect of goal involvement on self-regulatory processes. <i>International Journal of Sport &amp; Exercise Psychology</i>, 6, 132-156.</li> </ul>		
<p><b>COMMUNICATION REQUIREMENTS:</b></p>	<p>Use of appropriate academic conventions as applicable in oral and written communications.</p>		

<b>SOFTWARE REQUIREMENTS:</b>	
<b>WWW RESOURCES:</b>	<p>Students are expected to use the internet at their own discretion to select information on the module. Useful sources include:</p> <p><a href="http://www.appliedsportpsych.org">http://www.appliedsportpsych.org</a>  <a href="http://www.aapherd.org/">http://www.aapherd.org/</a>  <a href="http://www.naspspa.org">http://www.naspspa.org</a>  <a href="http://www.apa47.org">http://www.apa47.org</a>  <a href="http://www.fepsac.com">http://www.fepsac.com</a></p>
<b>JOURNALS</b>	<p>Journal of Applied Sport Psychology  The Sport Psychologist  Journal of Sport and Exercise Psychology  Journal of Sport Psychology  International Journal of Sport &amp; Exercise Psychology</p>
<b>INDICATIVE CONTENT:</b>	<ol style="list-style-type: none"> <li>1. Defining Sport and Exercise Psychology</li> <li>2. Brief History of Sport Psychology</li> <li>3. Personality in Sport</li> <li>4. Theories of Group Development</li> <li>5. Definition of Cohesion</li> <li>6. Building Team Cohesion</li> <li>7. Improving Communication in teams</li> <li>8. Introduction to Psychological Skills Training</li> <li>9. Self-Confidence and Goal Setting</li> <li>10. Concentration and imagery</li> <li>11. Aggression in Sport</li> </ol>