

# Dakota County Technical College

## EXER 1065: Psychology of Sport and Performance

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course examines thoughts, emotions, and feelings associated with performing one's best in sport and other areas. Topics covered include: realizing potential; performance goals; motivation; mental readiness; distraction control; group dynamics; injuries and rehabilitation; depression, eating disorders and substance abuse; and age and gender issues.

**B. COURSE EFFECTIVE DATES:** 08/21/2003 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Apply strategies for realizing potential
2. Discuss and apply performance goal setting
3. Understand the role of socialization in motivation and potential
4. Define the concepts of overmotivation and undermotivation
5. Understand elements of a great attitude
6. Apply strategies to enhance motivation
7. Explore how highly successful performers build and maintain commitment
8. Understand how successful performers control intensity
9. Apply strategies for controlling arousal and anxiety
10. Understand fears and performance
11. Define origins of stress and effect on performance
12. Explore role of mental rehearsal, imagery, and visualization in performance excellence
13. Understand self-hypnosis in performance enhancement
14. Define strategies for distraction control and refocusing
15. Understand strategies for bouncing back from adversity
16. Explore issues related to consistency and winning after winning
17. Discuss effective coach-athlete relationships
18. Understand key aspects of successful team achievement
19. Examine mental and emotional reactions to injuries, treatment, rehabilitation, and return to performance
20. Identify signs, symptoms, treatment methods, and effects of performance of clinical issues

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted