

# Bemidji State University

## PHED 3120: Psychology of Sport

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Study of the general relationship between individuals and sports behavior. Covers competitiveness, goal setting, peak performance, psychosocial influences, and rehabilitation. Also includes guides to show how teaching and learning may be applied to the coaching of sport and to bring out the relationship of meaningful learning to successful athletic coaching.

### B. COURSE EFFECTIVE DATES: 05/18/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Motivation
2. Achievement & Competitiveness
3. Arousal, Stress, & Anxiety
4. Feedback, Reinforcement, & Intrinsic motivation
5. Athletic Injuries & Psychology
6. Burnout & Overtraining
7. Cohesion
8. Communication
9. Exercise Adherence
10. Exercise & Psychological Well-Being
11. Gender & Competition
12. Goal Setting
13. Group Dynamics & Team Dynamics
14. Imagery
15. Leadership

**D. LEARNING OUTCOMES (General)**

1. demonstrate knowledge of the concepts and principles related to the individual and sports and exercise behavior.
2. reflect on personal experiences in sports and exercise and relate them to concepts of sports psychology.
3. demonstrate the ability to set an exercise goal and monitor progress toward that goal.
4. demonstrate knowledge of course material and its applications through participation in class activities, discussions and other assignments.

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted