PSYCHOLOGY OF SPORT AND PERFORMANCE — EXER 1065

A. Course Description

- Credits: 3.00
- Lecture Hours/Week: 3.00
- Lab Hours/Week: 0.00
- OJT Hours/Week: 0
- 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: 8/21/03 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

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

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

F. Learner Outcomes Assessment
   As noted on course syllabus

G. Special Information
   None noted