

WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Sports Psychology

COURSE NUMBER: PSY 353

I. COURSE DESCRIPTION:

This course is devoted to the study of sport and exercise psychology. The course examines psychological effect that participation in a sport or physical activity has on a performer. The course is designed to introduce students to sport and exercise psychology by providing a broad overview of major topics in the field.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

The student will understand the nature of sport and exercise psychology.

Learning Outcomes: The student will:

- A-1 Define sports and exercise psychology.
- A-2 Define the role of sport and exercise psychology specialists.
- A-3 Discuss the present and future of sport and exercise psychology.

GOAL C:

The student will understand group processes as they relate to sports activities.

Learning Outcomes: The student will:

- C-1 Discuss group and team dynamics.
- C-2 Describe group cohesion.
- C-3 Identify leadership as a trait approach, a behavioral approach, an interactional approach, and a multidimensional model.
- C-4 Discuss communication.

GOAL D:

The student will understand concepts related to enhancing performance.

Learning Outcomes: The student will:

- D-1 Discuss psychological skills training (PST).
- D-2 Describe arousal regulation.
- D-3 Discuss self-confidence building.
- D-4 Identify goal setting.
- D-5 Discuss concentration.

GOAL E:

The student will understand group processes as they relate to sports activities.

Learning Outcomes: The student will:

- E-1 Discuss exercise and psychological well-being.
- E-2 Describe adherence.
- E-3 Identify psychology and athletic injuries.
- E-4 Describe substance abuse and eating disorder.
- E-5 Discuss burnout and overtraining.

GOAL F:

The will understand how to enhance health and well-being.

Learning Outcomes: The student will:

- F-1 Discuss children's and psychological development through sport.

- F-2 Describe aggression in sport.
- F-3 Identify character development and sportsmanship.
- F-4 Discuss gender issues in sports and exercise.

GOAL G: