

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 121 – INTRODUCTION TO SPORT, EXERCISE, AND PERFORMANCE PSYCHOLOGY**

3 hours lecture, 3 units

**Catalog Description**

This course provides an introduction to the theoretical and practical application of psychological factors associated with sport, exercise, and performance. Current theories and research are presented related to concepts of understanding athlete, coach, and spectator behavior in the sport setting. Examination of factors influencing exercise participation, management of unhealthy behaviors, and adherence to programs focused on therapeutic benefits that help enhance overall health. Outcomes associated with performance, techniques for optimizing performance, and applications in a variety of career settings will be discussed.

**Prerequisite**

None

**Course Content**

- 1) Introduction to Sport, Exercise, and Performance Psychology
  - a. Definition of Field
  - b. Historical Perspective
  - c. Theoretical concepts and research methods
- 2) Careers in Sport, Exercise, and Performance Psychology
  - a. Academic
  - b. Applied
- 3) Personality and Performance
  - a. Research and theoretical approaches to studying personality
  - b. Psychological measures
  - c. Personality predictors of success
  - d. Examining cognitive strategies and success
- 4) Arousal, Stress, and Anxiety
  - a. Defining and measuring arousal and anxiety
  - b. Understanding stress and identifying sources of stress and anxiety
  - c. Correlating arousal and anxiety to performance
  - d. Managing arousal, stress, and anxiety to optimize performance
- 5) Motivation, Feedback, Reinforcement, and Intrinsic Motivation
  - a. Defining terms and theoretical approaches
  - b. Principles of reinforcement and approaches for influencing behavior
  - c. Behavior modification
  - d. Intrinsic motivation, effects of extrinsic rewards and flow
- 6) Introduction to Psychological Skills Training (PST)
  - a. Definition and why it is important
  - b. Myths, effectiveness, and program development
  - c. Key topics: arousal regulation, imagery, self-confidence, goal setting and concentration
  - d. Common problems in implementing PST programs
- 7) Exercise Behavior and Adherence
  - a. Reasons to exercise
  - b. Theories and models for exercise behavior
  - c. Problems and determinants of exercise adherence

- d. Interventions and strategies for enhancing and improving exercise adherence
- 8) Burnout and Overtraining
  - a. Definitions and frequency of overtraining, staleness, and burnout
  - b. Models and ways to measure burnout
  - c. Factors leading to and symptoms of overtraining and burnout
  - d. Treatment and prevention
- 9) Athletics Injury and Injury Rehabilitation
  - a. Definition and causes of injury
  - b. Psychologically based explanations for injury
  - c. Psychological reactions to exercise and athletic injury
  - d. Injury rehabilitation and program adherence
- 10) Special Topics In Sport, Exercise, and Performance Psychology
  - a. Leadership and coaching
  - b. Aggression
  - c. Gender issues
  - d. Age and performance
  - e. Team dynamics and cohesion
  - f. Competition and cooperation

### **Course Objectives**

Students will be able to:

- 1) Understand and explain major theories associated with the field of sport, exercise, and performance psychology
- 2) Apply theories to diverse populations (athletes, general populations, business, performers, etc.)
- 3) Examine the concepts of motivation and how they can be used to enhance performance.
- 4) Identify how individual differences influence performance and participation in sport and exercise.
- 5) Explain and write about effective ways to use psychological techniques to facilitate performance, health, and well-being of athletes, physical activity participants, and performers.
- 6) Compare the educational and experiential components of professions within the field of sport, exercise, and performance psychology and identify career opportunities.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Examinations
- 2) Formative and summative assessments
- 3) Written assignments
- 4) Mock trials/Role Play
- 5) Case studies
- 6) Development of Sport, Exercise, and Performance Psychology Portfolio

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Smart classroom

### **Method of Instruction**

- 1) Lecture
- 2) Discussion
- 3) Multimedia presentations

**Out-of-Class Assignments**

- 1) Portfolio development
- 2) Written review of literature and reading material
- 3) Exam review and study
- 4) Development of case study and mock trial scenarios

**Texts and References**

- 1) Required (representative example): Weinberg, R.S. & Gould, D. (2019). Foundations of sport and exercise psychology (7th Ed.) Champaign, IL: Human Kinetics. ISBN:978-1-4925-7235-0.
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Describe and evaluate major theories and concepts associated with the field of sport, exercise, and performance psychology and apply concepts to enhance performance in diverse populations.
- 2) Evaluate effectiveness of psychological techniques to facilitate performance, health, and well-being.
- 3) Compare the educational and experiential components of professions within the field of sport, exercise, and performance psychology and identify career opportunities.
- 4) Develop a performance portfolio for use in a professional setting.