

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. Topics include historical and theoretical perspectives, current theories and research in cognitive, behavioral, and social-psychological factors related to concepts of understanding athlete, coach, and spectator behavior in the sport setting. Examination of factors and social constructs 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, youth, aging, and gender issues, and applications in a variety of career settings will be discussed. *Also listed as PSY 121. Not open to students with credit in PSY 121.*

Prerequisite

None

Course Content

- 1) Exploration of Sport, Exercise, and Performance Psychology
 - a. Definition of field, theoretical concepts and related terms
 - b. Historical perspective
 - c. Current issues in the field
- 2) Evaluation efficacy of research methods in sports psychology
 - a. Theory-based hypotheses
 - b. Researched-based hypotheses
 - c. Experimental method
 - d. Types and variations in research methodology
- 3) Discovery of careers in Sport, Exercise, and Performance Psychology
 - a. Educational preparation
 - b. Academic opportunities
 - c. Applied opportunities
- 4) Explore the interaction of personality and performance
 - a. Research and theoretical approaches to studying personality
 - i. Social Learning Theory
 - ii. Biological Theory
 - iii. Interactionist Approach
 - b. Personality and performance
 - c. Personality assessment in sports
 - d. Specific sport population
 - e. Female athletes
 - f. Cultural considerations
- 5) Theories of social psychology and their interaction with sports
 - a. The impact of collectivistic versus individualistic cultural orientation on performance
 - b. Social and group influences in sport
 - i. The social psychology of spectators
 - ii. Team versus individual sports
- 6) Implications of states of arousal, stress, and anxiety and performance outcomes

- 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
 - i. Drive Theory
 - ii. Inverted U Hypothesis
 - iii. Catastrophe Theory
- e. Individual Zone of Optimal Functioning (IZOF) Model
- 7) Fostering motivation through 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
 - e. Self-Determination Theory
 - f. Achievement Goal Theory
- 8) 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
- 9) Exploring methods to increase 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
- 10) Understanding 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
- 11) Preventing and managing 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
- 12) Specific exploration on 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 (genders, cultures, leveled 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 and explore intersectionality and its influence on 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.
- 7) Develop and propose a research plan that aligns with ethical standards and utilizes appropriate methodologies to investigate psychological phenomena in sport, exercise, or performance psychology setting.
- 8) Apply social psychology theories, such as social identity theory, self-determination theory, and group dynamics, to analyze athlete behavior, team cohesion, and group interactions in sports.

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. (2024). Foundations of sport and exercise psychology (8th Ed.) Champaign, IL: Human Kinetics. ISBN:9781718207592.
- 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.