

# PSYC226AC : Sport and Exercise Psychology

Examines theory and research of psychology as applied to athletics. Students review the history of sport psychology as well as its application in both individual and team sports. Concepts to be discussed include individual philosophies of sports, motivation, personality of coaches and athletes, training and learning principles, mind-body relationships, and the effects anxiety, motivation, arousal, and relaxation have on performance of athletes at the professional, amateur, and youth levels. The sport psychology techniques used by elite athletes to improve sport performance will also be explored. Students will be asked to apply their psychological knowledge and critical thinking abilities through class participation and open discussions on professional, amateur, and youth sports. Outside observations of sports from youth to professional levels will also be required.

**Credits** 3

**Lab/Practicum/Clinical Hours** 0

**Lecture Hours** 3

## **Prerequisites**

*Students are required to pass prerequisite courses with a grade of C or higher. Exceptions apply; please consult your department chair.*

- Students must take PSYC105C, PSYC105MC, SOCI105C, or other social science course.

PSYC105C

PSYC105MC

SOCI105C

## **Learning Outcomes**

- Demonstrate an understanding of the field of sport psychology, including its history, definition, and how it can be applied to improve athletic performance.
- Demonstrate an understanding of how personality as well as thoughts, values, and beliefs influence an individual's participation and performance in sports.
- Demonstrate knowledge of a variety of psychological concepts as they relate to sport.
- Apply a variety of skills, strategies, and practices that can be used to enhance performance.
- Explain psychological concepts and techniques, such as motivation, concentration, relaxation, and mindfulness, related to coaching and the ways in which they relate to individual and team performance.