

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Psychology of Sport and Physical Activity  
Semester Course Prefix and Number: PHED 2426

Submitted By: Tom Stackpool  
Approval Date: November 2005

Old Quarter Course Prefix and Number: None

Revision Date:

Number of Credits: 3      Number of Lecture Credits: 3  
Semester(s) Offered:      Number of Lab Credits:      Number of Lab Hours: 0  
Class Size: 30      Number of Studio/Demonstration/Internship Credits:  
Negotiated by AASC on  
(Date)\_\_\_

**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This course will focus on the psychological issues of sport and physical activity. Research, principles and issues will be presented. Further study will involve the effects physical activity has on performance enhancement, communication, attitudes, and motivation.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

athletic training, sport management, fitness leadership, exercise science, corporate recreation, leisure management, physical therapy, adapted physical activity, health promotion, and teaching

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer’s approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

1. Introduce the psychological factors that impact sport and physical activity.
2. Describe how motivation impacts participation in sport and physical activity.
3. Discuss how physical activity affects interpersonal relationships, personality and attitudes.
4. Develop goal setting guidelines based on research and theory in sport.
5. Explore the factors that influence performance anxiety.
6. Integrate experiential and scientific knowledge.
7. Identify guidelines for team cohesion.
8. Discuss the components of leadership.
9. Identify the causes of breakdowns in communication.
10. Define psychological skills training and the myths surrounding it.
11. Explain the various aspects of coaching efficacy.
12. Explain how to implement psychological skills and strategies that can speed the rehabilitation process.
13. Identify the symptoms of overtraining and burnout.
14. Discuss the importance of studying the psychology of the young athlete.

**Student assessment methods:**

1. Written exams
2. Chapter Review Questions
3. Assignments including written essays
4. Independent/Small Group Projects
5. Journal

**Outline of the major course content:**

1. Sport Psychology
2. Personality and Sport
3. Competition and Cooperation
4. Behavioral Control
5. Group and Team Dynamics
6. Group Cohesion
7. Leadership
8. Arousal, Stress and Anxiety
9. Stress Management
10. Enhancing performance through goal setting, self-confidence, motivation and imagery
11. Principles of Over Training
12. Psychological growth and development through sport

**Additional special information** (special fees, directives on hazardous materials, etc.)

**Suggested Textbook:** **Foundations of Sport & Exercise Psychology**. Weinberg & Gould. Human Kinetics.

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

Bemidji State University – **Exercise Science Major/Minor**

Pending: Minnesota State Moorhead – **Exercise Science Major**

Pending: St. Cloud State University – **Physical Education and Sport Science Major**

Pending: UM Duluth – **Exercise Science Major**

Pending: UW Superior – **Human Performance Major**

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist

Revised February 10, 2004