

SPMT 203

Psychology of Sport

3 Credits

Community College of Baltimore County Common Course Outline

Description

SPMT 203 – Psychology of Sport: is the scientific study of how individuals behave in sport and exercise, and the practical application of that knowledge to performance enhancing strategies. Students explore human behavior patterns in sports and exercise settings as well as psychological models of personality structure and social dynamics in sport. Students also analyze psychological theories as a tool for increasing motivation and performance in an athletic setting.

Pre-requisites: KNLS 120 and HLTH 120, or approval of the program coordinator.

Overall Course Objectives

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

1. define sport and exercise psychology;
2. explain the influence of psychological factors on involvement and performance in sport and physical activity settings;
3. identify personal factors affecting sports performance;
4. describe the effect of audience on athletic performance;
5. recognize the psychological issues of sport injury and rehabilitation;
6. explain the causes of performance outcomes;
7. identify sources of motivation;
8. describe the effects of stress, anxiety, and arousal in athletic performance;
9. recognize the role of aggression in sport performance;
10. identify the effect of group dynamics on team performance;
11. explain the role of the coach in the psychology of the athlete; and
12. analyze communication techniques of coaches.

Major Topics

- I. The Science of Sport Psychology
- II. Personal and Psychological Factors in Sports Performance
- III. Psychology of Injury and Rehabilitation
- IV. Motivational Theories and Applications
- V. Aggression and Sport Performance
- VI. Group and Team Dynamics
- VII. Psychology in Leadership

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Three short essays
- One oral presentation
- One research paper
- Two exams (a midterm and a final)

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course is an elective in the Sports Management Degree Program.

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