



PE 4750 -- FALL 2008

Psycho-Social Aspects in Athletics

3 Credit Hours

Tues/Thurs – 8:30 – 9:50 a.m. PEB 121

Dr. Jean Lopour

P. E. Office #208

Office Hours: As posted or by appointment

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Text:

Cox, Richard H., *Sport Psychology Concepts and Applications*
6th Edition, McGraw Hill.

Course Description:

A course designed to provide students with the necessary skills and understanding to adequately deal with psychological and social aspects of athletic coaching.

Objectives:

At the conclusion of this class each student will be able to:

1. Identify the three broad categories of “clinical” sport psychology as defined by USOC.
2. Identify various theories of motivation as they relate to sports.
3. Explain the difference between arousal and anxiety.
4. Identify various performance enhancement techniques.
5. Explain which performance enhancement techniques work best for cognitive arousal.
6. Explain the difference between assertive/aggressive behavior and violence.
7. Identify the relationship between assertive/aggressive behavior and sports.
8. Identify gender and racial issues in sport.
9. Identify and explain the various theories of personality development.
10. Explain how different personality development theories impact a coaching environment.

Assignments:

1. Research Paper:

30%

Each student will choose from 1 of 6 topics. We will try to make an even number of students for each of the six topics. Each group will thoroughly research their topic and the information will be presented orally in class. Please submit 10 test questions with answers about your topic on the day you present. These questions will be used for the final exam. Use of audio visual aids and handouts is encouraged. To encourage full participation by all group members, only put names of group members on the question list who contributed fully to the presentation.

Topics:

1. **Equal Opportunity for Women in Sport**
Prior to Title 9
After Title 9
Total equality today?
How does SUU compare
Due: October 28
2. **Equal Opportunity for Men of Color in Sport**
Prior to Jackie Robinson
After Jackie Robinson
Total equality today?
How does SUU compare
Due: October 30
3. **Drug Use in Sport**
Legal/illegal drugs
Performance enhancement drugs
SUU policy & punishment for drug use
Due: November 4
4. **Aggression/Violence in Sport**
On the playing field
Off the playing field
Suggestions as to how to curb violence
SUU policy and punishment for violence
Due: November 6
5. **Youth Sport**
Why do children participate
Influence of parents/coaches
Why do children quit sport
Due: November 11
6. **Psychology of Sport Injuries**
Psychological response to injury
Psychological predictors of athletic injuries
Due: November 13

2. Attend an athletic event and observe the following:

- A. Aggression in event
- B. Gender issues (if any)
- C. Racial issues (if any)
- D. How arousal/anxiety impacted performance negatively or positively.
- E. Performance enhancement techniques.
- F. Team/Task Cohesion
- G. Audience Impact
- H. Other

Write a two-page paper discussing the above. **Due Thurs., December 4, 2008** **10%**

LATE ASSIGNMENTS WILL NOT BE ACCEPTED!

Tests:

Test 1: Personality and Motivation Chapters 1, 2, 5, 6, 10 & Notes	12%
Test 2: Mood States, Anxiety and Arousal Chapters 8, 17 & Notes	12%
Test 3: Performance Enhancement Techniques Chapters 9, 11, 12 & Notes	12%
Test 4: Team Cohesion, Audience Effects, & Leadership Chapters 14, 15 & Notes	12%
Test 5: Over material presented during research paper Chapters 5 (pgs. 128-141), 13, 19 and presentation notes	12%

❖ No make-up tests will be given. If you are traveling with a team, make arrangements to take the test before you leave.

FINAL EXAM – Wed., December 10, 2008, 9:00-10:50 a.m.

Course Content:

- I. Introduction to Sport Psychology
- II. Personality and the Athlete
- III. Motivation and Self-Confidence in Sport
- IV. Anxiety and Arousal in Sports
- V. Arousal Adjustment Strategies
- VI. Cognitive Behavioral Intervention
- VII. Aggression in Sports
- VIII. Developing Team Cohesion
- IX. Gender Issues in Sports
- X. Racial Issues in Sports
- XI. Drug Use in Sports

Learning Activities:

Lecture, videos, research paper, practical observation with assignment, exams.

Grades: (Based Percentage)

A	95 – 100
A-	90 – 94
B+	87 – 89
B	83 – 86
B-	80 – 82
C+	77 – 79
C	73 – 76
C-	70 – 72
D+	67 – 69
D	63 – 66
D-	60 – 62
F	59 & below

Students with medical, psychological, learning or other disabilities desiring academic adjustments, accommodations or auxiliary aids will need to contact the Southern Utah University Coordinator of Services for Students with Disabilities (SSD), in Room 206F of the Sharwan Smith Center or phone (435) 865-8022. SSD determines eligibility for and authorizes the provision of services.

Scholastic dishonesty will not be tolerated and will be prosecuted to the fullest extent. You are expected to have read and understood the current issue of the student handbook (published by Student Services) regarding student responsibilities and rights, and the intellectual property policy, for information about procedures and about what constitutes acceptable on-campus behavior.

Information contained in this syllabus, other than the grading, late assignments, makeup work, and attendance policies, may be subject to change with advance notice, as deemed appropriate by the instructor.

COMPLETE ON-LINE COURSE EVALUATION AT END OF SEMESTER!!

- ❖ Access evaluations from the SUU Homepage the last two weeks of the semester