

PSY- 317: Sports Psychology (3 CHs)

Pre-requisite: None

Course Description:

This course will provide an overview of the psychological theories and principles that influence human behavior in sport and physical activity contexts. The American Psychological Association defines sport and exercise psychology as "the scientific study of the psychological factors associated with participation and performance in sport, exercise, and other types of physical activity". Sport and exercise psychology practitioners focus primarily on:

1. Helping individuals use psychological principles and skills to achieve optimal performance and derive satisfaction through sport participation and
2. understanding how participation in sport, exercise, and physical activity affects psychological development, health, and well-being.

Course Objectives:

This course is designed to:

- Examine foundational psychological theories and research related to sport, exercise, and recreational activity.
- Introduce the field of sport and exercise psychology through key conceptual and empirical developments.
- Investigate how psychological factors (e.g., motivation, anxiety, confidence, leadership, group processes) influence performance and engagement in physical activity contexts.
- Explore the psychological outcomes of participation in sport and exercise, with implications for development, health, and well-being.\
- Facilitate the application of theoretical knowledge to professional practice in roles such as coaching, instruction, exercise leadership, and athletic training.

Course Learning Outcomes:

Upon successful completion of the course, students will be able to:

- Describe the historical evolution and disciplinary scope of sport and exercise psychology.
- Explain major psychological theories relevant to behavior and performance in sport and physical activity.
- Analyze key psychological constructs including learning, anxiety regulation, motivation, and goal setting in applied contexts.
- Evaluate the impact of physical activity on psychological development and mental health.
- Apply psychological theory to optimize individual and group performance in sport and recreational settings.

- Differentiate between psychological processes operating at individual and team levels in various physical activity domains.

Course Contents:

- What is Sport and Exercise Psychology
- Personality and Sport
Motivation & Reinforcement
- Arousal, Stress, and Anxiety
Competition & Cooperation
- Diversity & Inclusion
Team Dynamics & Cohesion
- Leadership and Communication
- Psychological Skills Training & Sport Psychology
- Arousal Regulation
- Imagery
- Self-Confidence and Goal Setting
- Choking & Concentration
Physical Activity Prediction
- Exercise & Psychological Well-Being Exercise Behavior & Adherence
- Athletic Injuries & Psychology
Addictive & Unhealthy Behaviors
- Burnout & Overtraining
- Children & Sport Psychology
- Youth Physical Activity Intervention
- Aggression in Sport
Character Development & Good Sporting Behavior

Textbooks:

Weinberg, R.S. & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7th ed.) Human Kinetics Press: Champaign, IL. ISBN: 9781492572473b. Hough, M. (2014). *Counselling skills and theory* (4th ed.). London: Hodder Education.

Zenko, Z. & Jones. L. (2021). *Essentials of exercise and sport psychology: An open access textbook*. Society for the Transparency, Openness, and Replication in Kinesiology.

Other Useful Resources:

American Psychological Association. (2020). *Publication manual of the American Psychological Association 2020: the Official Guide to APA style (7th ed.)*. American Psychological Association