

JAMESTOWN COMMUNITY COLLEGE

State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Sport Psychology

Course Abbreviation and Number: SPT 1870

Credit Hours: 3

Course Type: Lecture

Course Description: Students will be introduced to basic aspects of performance in sport and athletic competition. Primary psychological and physiological tenants will be major topics discussed and related to enhancement of athletic performance. There will be practical skills and knowledge development as well as discussion of career opportunities and the future direction of sport psychology.

Prerequisite: PSY 1510.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Analyze the psychological and physiological components involved in sport and competition.
2. Manipulate various mental aspect of training and effort to enhance athletic performance.

Topics Covered:

- Introduction to Sport and Exercise Psychology
- Personality and Sport
- Motivation
- Arousal, Stress, and Anxiety
- Competition and Cooperation
- Feedback, Reinforcement, and Intrinsic Motivation
- Group and Team Dynamics
- Group Cohesion
- Leadership
- Communication
- Introduction to Psychological Skills Training
- Arousal Regulation
- Imagery
- Self-Confidence
- Goal Setting
- Concentration
- Exercise and Psychological Well-Being
- Exercise Behavior and Adherence
- Athletic Injuries and Psychology
- Addictive and Unhealthy Behaviors
- Burnout and Overtraining
- Children and Sport Psychology
- Aggression in Sport
- Character Development and Good Sporting Behavior

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.

- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021