BARTON COMMUNITY COLLEGE

##### COURSE SYLLABUS

## GENERAL COURSE INFORMATION

Course Number: PHED 1256

Course Title: Psychology of Sport

Credit Hours: 2

Prerequisites: None

Division/Discipline: Academics/Health, Physical Education, and Recreation

Course Description: The course provides an opportunity to become acquainted with the many psychological aspects that coaches, athletes and spectators face in their involvement with sports. Emphasis will be given on the psychological and social dimensions of coaching, practice and competitive preparation, and psychological traits common to specific sports and athlete personality.

## INSTRUCTOR INFORMATION

## COLLEGE POLICIES

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at [disabilityservices@bartonccc.edu](mailto:disabilityservices@bartonccc.edu).

## COURSE AS VIEWED IN THE TOTAL CURRICULUM

Psychology of Sport will fulfill Health, Physical Education, and Recreation elective in secondary education, and credit for BCC graduation. This course transfers for credit to all Kansas Regent Universities, and may be used to help fulfill a general education requirement at many.

General education requirements and the transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

1. **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

1. Describe a typology of sport as presented from Eastern Europe and from the United States.
2. List the characteristics of a successful athlete
3. A student will be able to reflect on the attributions of applied sport psychology.
4. Understand the general consideration of a coach in teaching athletic skills.

1. Demonstrate the skills needed in regulating anxiety and arousal.

1. Understand the general consideration of a coach in practice and competition preparation.

1. Explain the Do’s and Don’ts of motivating athletes.

2. Evaluate the purpose of aggression in sport.

3. Present the importance of a positive team climate in sports.

1. Describe personality traits and personality changes of athletic groups.
2. Distinguish between the different styles of leadership needed in sports.
3. Formulate the special needs of coaching child athletes in sports today.
4. Describe the general psychological aspects of motivation, aggression, activation and anxiety as applied to coaches and athletes.

1. Analyze differences of communication techniques used in sports.

1. Analyze the various social dimensions in sport.
   1. A student will be able to expand on the importance of a counseling coach in sport.
   2. Support the needs of female athletes in today’s society.

## INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

## TEXTBOOKS AND OTHER REQUIRED MATERIALS

### REFERENCES

### METHODS OF INSTRUCTION AND EVALUATION

## ATTENDANCE REQUIREMENTS

## COURSE OUTLINE