

Global Learning Semesters

Course Syllabus

Course: SPSC-350 Applied Sports Psychology

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-350	Applied Sports Psychology	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-150; SPSC-210; SPSC-215
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

This course was designed to develop a knowledge and understanding of psychological factors that influence sport performance through the application of theoretical models studied in the previous years. The course will consider a broad array of psychological factors such as relationships (e.g. coach-athlete), group dynamics (e.g. team cohesion), coach leadership, psychological burn out, pre-competitive anxiety and coping strategies. Practical recommendations will be offered that are designed to enhance sport performance. The course will include key note lectures that introduce students to key theoretical perspectives and research findings, practical sessions that involve the collection of data, and, seminars involving discussion of video material, journal articles, and data collected by students, both independently and in groups.

Prerequisites

SPSC-150; SPSC-210; SPSC-215

Topic Areas

1. Coach-athlete relationship.
2. Group dynamics and team cohesion for successful performance.
3. Coach leadership.
4. Athletes and coaches psychological burn out.
5. Pre-competitive anxiety and coping strategies.
6. Applied Practical recommendations.

Learning Outcomes

On successful completion of this unit students should be able to:

1. Identify potential problem areas for competitive athletes, e.g. anxiety, concentration, motivation and burnout.
2. Describe the psychological techniques used to counter performance problems and evaluate the relevance of psychological concepts and research to these concerns.
3. Discuss group dynamics associated with performance and unity.
4. Describe psychological principles associated with helping athletes cope with injury, rehabilitation and retirement from sport.

Assessment

Midterm Examination:	(30%)
Final Examination:	(40%)
Essay/Assignment:	(20%)
Attendance/Participation:	(10%)

Readings and Resources

Required Textbooks

1. Cox, R.H., 1998. Sport Psychology: Concepts and Applications. 4th Ed. Boston Mass, WCB/McGraw-Hill.

Recommended Textbooks

1. Williams, J.M. ed., 1993. Applied Sport Psychology: Personal Growth to Peak Performance. 2nd Ed. Arizona: Mayfield.
2. Horn, T.S. ed., 1992. Advances in Sport Psychology. Champaign, IL: Human Kinetics.