

PSYC C125: SPORT AND EXERCISE PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	03/21/2025
Top Code	129900 - Other Health Occupations
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

This course examines how psychological factors influence sports, athletic performance, exercise, and physical activity. Key topics include psychological characteristics of and for performance, motivation, exercise and health psychology, and skill acquisition. Enrollment Limitation: KIN C125; students who complete PSYC C125 may not enroll in or receive credit for KIN C125. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Interpret fundamental ideas that help one understand the behavior of sport and exercise participants.
2. Apply the principles of mental techniques to athletic and exercise performance.

Course Objectives

- 1. Discuss the role of various mental techniques in physical activity.
- 2. Understand the effectiveness of behavioral and cognitive interventions in physical activity.
- 3. Apply the principles supported by research literature to physical activity.

Lecture Content

Introduction to Exercise Psychology Understanding Exercise Psychology What is Sport Psychology Theories of Physical Activity Motivation Theories and Predictors Promoting Self-Determined Motivation for Physical Activity Exercise Behavior Change: Affective-Reflective Theory Predictors and Correlates of Physical Activity and Sedentary Behavior Personality, Body Image, and Emotion in Physical Activity Personality and Physical Activity Body Image and Physical Activity Emotion Regulation of Others and Self (EROS) Strategies to Facilitate More Pleasant Experiences Social Support, Relationships, and Physical Activity Strategies to Facilitate More Pleasant Exercise Experiences Music in Sport: From Conceptual Underpinnings to Application Get Your Head in the Game Perceived Effort and Exertion Mindfulness in Physical Activity Examining the Use of Psychological Skills in Sport Mental Illness and Chronic Fatigue Exercise and Physical Activity for Depression Physical Activity

and Exercise for the Prevention and Management of Anxiety Physical Activity and Severe Mental Illness Exercise and Chronic Fatigue Group Dynamics and Efficacy Leadership Development in Sports Teams Group Dynamics in Sport Self, Relational, and Collective Efficacy in Athletes Injury and Working in the Field Diagnosing Problems, Prescribing Solutions, and Advancing Athlete Burnout Research Rehabilitation from Sport Injury: A Social Support Perspective Working in Sport, Exercise, and Performance Psychology

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lectures, discussions, Q A, group work, presentations, and/or case studies will be used as the major instructional techniques for this course

Reading Assignments

Textbook reading, library research assignments, practice tests on lesson content and key terms, group and individual projects, and/or preparation for discussions.

Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize concepts introduced in the class and draw appropriate conclusions, and to present their conclusions in a well-organized and clearly written format.

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments

Demonstration of Critical Thinking

Problem solving exercises, assessment of self and others and application of research to back-up conclusions on written assignments may be used to assess critical thinking.

Required Writing, Problem Solving, Skills Demonstration

Examples include analysis of case studies or reviews of expert literature; responses to guiding questions

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Zenko, Z., Jones, L.. Essentials of Exercise and Sport Psychology, ed. Society For Transparency, Openness, and Replication in Kinesiology, 2021 Rationale:

Other Resources

1. Coastline Library