

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 175B Psychology of Specific Athletic
Competition - Minimal Contact

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 32

BASIC SKILLS REQUIREMENTS: Appropriate language and computational
skills

ENTRANCE REQUIREMENTS: None

PREREQUISITE:

COREQUISITE:

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Psychological, mental and preparation for the competitive athlete.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. define and comprehend sport psychology terms.
2. evaluate his/her mental and physical skills specific to a task.
3. explain and construct an intervention program, record his/her findings and report the results in a written form format.
4. explain and administer self-hypnosis.
5. analyze and develop a personal concentration skills program.
6. identify individual differences between athletes.
7. identify four sport groups differences.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Sport psychology terms.
2. Self-hypnosis.
3. Assessing baseline and intervention programs.
4. Concentration skills training program.
5. Controlling the mind-body link.
6. Specific sport behavior.
7. Categorize four sport groups.
8. Task summations of various sports.

REQUIRED READING:

Instructor generated handouts.

Horn, Thelma s. Advanced In Sport Psychology. Champaign: Human Kinetics Publishers, 1992.

SUGGESTED READING:

Nideffer, Robert M. Psyched To Win. Champaign: Human Kinetics Publishers, 1992.

Cox, Richard H. Sport Psychology Concepts and Applications. 3rd edition. Madison: Wm. C. Brown Communications Inc., 1994.

REQUIRED WRITING:

1. Complete a baseline, intervention and progress report specific to his/her sport tasks (minimum three pages).
2. Construct specific sport tasks in a progressional and sequential summation (minimum two pages).

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

Read and study handouts, lecture notes, and text. Prepare writing assignment, practice skills, and study for exams. Plan periodic visitations of sporting events to observe competitors in action.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No .

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	40%
Written assignments	30%
Exams	30%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes _____ No x Number of times course may be taken for credit: 1.

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c) (2) (A)

CONTACT PERSON:

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