

PALOMAR COLLEGE  
COURSE OUTLINE OF RECORD FOR  
DEGREE CREDIT COURSE

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

**COURSE NUMBER AND TITLE:** PE 175D Psychology of Specific Athletic  
Competition - Skilled

**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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