

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 185 Psychology of Sports

UNIT VALUE: 1

MINIMUM NUMBER OF SEMESTER HOURS: 16

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Organizational thought processing, time management, motivation, goals setting, arousal control, relaxation techniques, breath control and concentration skills to enhance mental and physical athletic performance. Designed for both the weekend or intercollegiate athlete.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. analyze and develop a systematic approach of various mental and physical skills.
2. evaluate his/her personal mental and physical skills.
3. explain, chart and record progress of mental and physical skills.
4. analyze and develop goal setting at various stages of development.
5. define and comprehend sport psychology terms.
6. explain and construct a logical and realistic program to enhance his/her sports performance.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Sport psychology terms
2. Organizational thought processing
3. Time management
4. Motivation
5. Goal setting
6. Arousal control
7. Relaxation techniques
8. Breath control
9. Concentration
10. Visualization and imagery
11. Self evaluation of mental and physical performance

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING:

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

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

REQUIRED WRITING:

1. Complete a baseline, intervention and progress goal chart on his/her mental and physical sport performance (minimum three pages).
2. Construct a six (6) week daily journal on mental and physical practice skills (minimum six 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, and study for exams. Plan periodic visitations 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 X No Number of times course may be taken for credit:
 4 .

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

58161(c)(2)(A)

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Extension 2459