



蘇州大學  
Soochow University

# PSY 291 Sport Psychology

Fall 2023

**Course Credits:** 4

**Contact Hours:** 56 hours

**Instructor:** TBA

**Email:** TBA

## **COURSE OBJECTIVES**

This foundational course provides an overview of the principles and theories of sport psychology. Students will explore the psychological factors that influence athletes' performance, motivation, and mental well-being. Topics cover current theoretical, empirical and practical knowledge and application in the field of sport psychology. Through the course, students will develop a basic understanding of how psychological techniques enhance athletic performance.

Upon Completion of this Course, students will be able to:

1. Define sport psychology and its significance in enhancing athletic performance
2. Examine the psychological factors influencing athletic performance, such as motivation, self-confidence, anxiety, concentration, and goal-setting
3. Explore techniques for developing mental resilience, coping with setbacks, and maintaining focus during competition
4. Investigate theories of motivation and their application in sports contexts
5. Analyze empirical research studies in sport psychology to understand methodologies, findings, and implications.

## **PREREQUISITES**

PSY 235 Basic Psychological Research and Statistical Analysis

## **GRADING**



Grades will be determined by accumulating points, with 100 points being the maximum, as follows:

ITEM	POINTS
Quizzes	20 Points
Assignments	20 Points
Group Project	10 Points
Midterm Exam	20 Points
Final Exam	30 Points
Total	100 Points

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F$ .

We reserve the right to make adjustments to the overall grading policy.

## COURSE MATERIALS

### Required Texts:

1. Robert S. Weinberg, Daniel Gould, *Foundations of Sport and Exercise Psychology*, 7th Edition, Human Kinetics, Inc., 2018.
2. Mark H. Anshel, *Sport Psychology: From Theory to Practice*, 5th Edition, Pearson, 2012.

### Recommended (Optional) Texts or Other Materials:

None

## COURSE TOPICS

MODULE	TASKS
Module 1	<b>Topics:</b> Topic 1: What Is Sport Psychology? Topic 2: The Athlete Topic 3: The Coach Topic 4: The Pre-game Pep Talk <b>Assessments:</b> Quiz#1



Module 2	<b>Topics:</b> Topic 5: Understanding Personality Structure Topic 6: Using Psychological Measures Topic 7: Motivation Topic 8: Arousal, Stress, and Anxiety <b>Assessments:</b> Quiz#2
Module 3	<b>Topics:</b> Topic 9: Psychology of Sports Injury Topic 10: What Do Sport Psychologists Do? Topic 11: Ethics in Sport Psychology Topic 12: Sport Socialization: Antecedents of Sport Participation <b>Assessments:</b> Midterm Exam Group Project
Module 4	<b>Topics:</b> Topic 13: What Psychological Skills Training Entails Topic 14: Why Sport and Exercise Participants Neglect PST Topic 15: Increasing Self-Awareness of Arousal Topic 16: Using Arousal-Inducing Techniques <b>Assessments:</b> Assignment#1
Module 5	<b>Topics:</b> Topic 17: The Coaching Behavior Assessment System (CBAS) Topic 18: Achievement Goal Theory (AGT) Topic 19: Application of Cognitive Evaluation Theory Topic 20: Group Motivation Strategies <b>Assessments:</b> Assignment#2 Final Exam

## ATTENDANCE

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1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.



2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share with fellow colleagues.

### **LEARNING REQUIREMENTS**

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

### **TECHNOLOGY POLICY**

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (eg., note taking, reading course documents).

### **ACADEMIC INTEGRITY POLICY**

Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

### **DISABILITY ACCOMMODATION**



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Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.

Note:

Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.