

**COURSE OUTLINE**  
**EXSC 210**  
**Sport and Exercise Psychology**  
**3 Semester Hours**

**HOWARD COMMUNITY COLLEGE**

**Description**

This course will provide the student with the opportunities to study of human behavior in sport and exercise settings. It is designed to provide the students with the information about research in the field of sport psychology as well as practical knowledge to become a more effective fitness instructor, athlete, athletic administrator, physical educator, personal trainer, or coach. It will examine theories of individual personality and explore the social phenomenon associated with sport participation.

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Define and describe sport psychology.
2. A knowledge and understanding of the various psychological models and the impact they have had on athletes and sport in an evolving society.
3. Explain of the important psychological factors involved in sport and physical activity.
4. Evaluate individuals with assessment tools utilized in sports psychology that serve as instruments for prediction and probability in performance.
5. Apply psychological dynamics to various models of physical education programs and sports teams.
6. Apply methods used in mental imaging and mental practice to improve motor skills of students in physical education classes or on sports teams.
7. Describe various principles of behavior management and control as they relate to working with students of various ages and skill levels in physical education and sports teams.
8. Explain the relationship between arousal and athletic performance.

**Major Topics**

1. Introduction to Sports and Exercise Psychology
2. Theories & Models in Sports & Exercise Psychology
3. Assessment tools in Sports and Exercise Psychology
4. Personality Psychology and Sport and Exercise
5. Anxiety and Arousal in Physical Activity
6. Motivation

7. Attention
8. Imagery and Relaxation
9. Goal Setting

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member and may include:

- Attendance
- Participation
- Written quizzes and cumulative final
- Written assignments

Writing: Specific writing assignments will be determined by the individual faculty member.

### **Other Course Information**