

**SPORT PSYCHOLOGY COURSE OUTLINE**  
**PSY 4800 ROOM E 115**

**CLASS DATES:** October 8 thru December 19,  
**CLASS TIMES:** 5:45 P.M. - 7:50 P.M.

**COURSE GOAL:** To educate athletes, coaches, and students in a variety of sport psychology concepts and techniques to maximize their or their team's performance.

- DAY 1: INTRODUCTION & OVERVIEW OF SPORT PSYCHOLOGY
- DAY 2: UNDERSTANDING THE ATHLETE
- DAY 3: AROUSAL, STRESS, & ANXIETY
- DAY 4: IMPORTANCE OF FEEDBACK, REINFORCEMENT, & INTRINSIC MOTIVATION
- DAY 5: GROUP & TEAM DYNAMICS
- DAY 6: COMMUNICATION & ATTENTION/CONCENTRATION
- DAY 7: INTRODUCTION TO INTERVENTION TECHNIQUES
- DAY 8: RELAXATION TECHNIQUE
- DAY 8: VISUALIZATION TECHNIQUE
- DAY 9: CENTERING
- DAY 10: GOAL SETTING (JOURNAL)
- DAY 11: POSITIVE INTERNAL DIALOGING
- DAY 12: SLUMP BUSTING
- DAY 13: SLUMP BUSTING
- DAY 14: EXERCISE & PSYCHOLOGICAL WELL-BEING

- DAY 15: PSYCHOLOGY & ATHLETIC INJURIES  
DAY 16: SUBSTANCE ABUSE & EATING DISORDERS  
DAY 17: BURNOUT & OVERTRAINING  
DAY 18: REVIEW  
DAY 19: REVIEW  
DAY 20: FINAL EXAM

**GRADING CRITERIA**

- 40% Participation in class discussions  
20% Final Exam  
20% Attendance  
20% Classwork and homework

**TEXT:** Foundations of Sport and Exercise Psychology