

TAMALPAIS UNION HIGH SCHOOL DISTRICT
Larkspur, California

Course of Study

SPORT PSYCHOLOGY

I. INTRODUCTION

Sport Psychology is a one-semester physical education elective course intended for student-athletes enrolled in grades eleven and twelve. This course provides student-athletes with an initial understanding of the basic principles of sports psychology. The class will have practical application in that it will relate sport science and psychological understandings to current student-athletes concerns. In addition, students interested in postsecondary study or careers in the fields of clinical and educational sports psychology, coaching, personal training, athletic training, and physical education will find this course of interest.

This course addresses the following Tam 21st Century goals:

- Prepare students for lives of personal, academic, and professional growth, achievement, and fulfillment.
- Prepares students to think conceptually, solve complex problems, acquire knowledge, communicate ideals and work individually and collaboratively.

This course addresses the following Student Learning Outcomes:

- #1 Communicate articulately, effectively.
- #3 Use technology as a tool to access information, analyze and solve problems, and communicate ideas
- #6 Demonstrate scientific literacy
- #14 Demonstrate knowledge, skills, and self-discipline necessary to achieve and maintain physical and emotional well being

As a Physical Education elective, this course will address the knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (California Physical Education Content Standard grades 9-12)

Since PE Core 1-4 is a pre-requisite, the course assumes students will have knowledge of the specific content standards for physical education (grades 9-10).

This course is designed to help students attain the state subject Content Standards.

Specific Content Standards

Self-Responsibility

- Accept responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity (Standard 3.1)
- Identify and evaluate personal psychological responses to physical activity (Standard 3.3)
- Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities (Standard 3.4)
- Develop personal goals to improve one's performance in physical activities (Standard 3.5)

Social Interaction:

- Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity (Standard 3.9)

This course will allow students to examine specific human behavior in certain types of situations-namely sport and exercise settings. For example, what motivates themselves, what angers them, and what scares them; how they regulate their thoughts, feelings, and emotions; and how their behaviors can become more effective.

This course will provide students with an overview of sport and exercise psychology, bridge the gap between research and practice, convey fundamental principles of professional practice, and capture some of the excitement of the world of sport and exercise. The goal of this course is for student-athletes to apply sport and exercise psychology knowledge to their own lives.

II. STUDENT LEARNING OUTCOMES

A. Students will:

- #1 Communicate articulately, effectively, and persuasively when speaking and writing.
- #3 Use technology as a tool to access information, analyze and solve problems, and communicate ideas
- #6 Demonstrate scientific literacy
- #14 Demonstrate knowledge, skills, and self-discipline necessary to achieve and maintain physical and emotional well being

As a Physical Education elective, this course will address the knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (California Physical Education Content Standard grades 9-12)

Since PE Core 1-4 is a pre-requisite, the course assumes students will have knowledge of the specific content standards for physical education (grades 9-10)

B. Students will cover the following state subject Content Standards:

Self-Responsibility

- Accept responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity (Standard 3.1)
- Identify and evaluate personal psychological responses to physical activity (Standard 3.3)
- Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities (Standard 3.4)
- Develop personal goals to improve one's performance in physical activities (Standard 3.5)

Social Interaction:

- Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity (Standard 3.9)

C. Students will cover the following content as included on the state Standards Tests and/or High School Exit Exam.

III. ASSESSMENT

A. Student Assessment

Students will be assessed on the learning outcomes through a variety of means including:

- Notebooks including in-class work and reflections
- Written assignments
- Culminating final paper
- Written and oral research projects

B. Course Assessment

- This course will be assessed every five years in accordance with the Curriculum Cycle.
- The assessment will include student feedback as well as administrative and departmental observation.
- Grading standards and classroom procedures will be set by individual teachers and communicated clearly to students, in writing, at the beginning of the course.

IV. METHODS AND MATERIALS

A. Methods

A variety of strategies will be used to implement the curriculum and address the student outcomes previously mentioned.

These will include:

- Group discussions
- Content centered lectures
- Guest speakers
- Research projects
- Student centered oral presentations

B. Materials

- Sport Psychology Text Book, Foundations of Sport and Exercise Psychology, 4th edition
- Primary resources drawn from a variety of sources
- Library and reference sources include books, magazines, and the Internet
- School and community resources include guest speakers and community organizations.

C. Technology

Audio-visual resources include videos, PowerPoint, and DVD.

D. School to Career Goals

- Students will identify careers that are in the sport psychology fields
- Guest speakers representing their careers in the field of sport psychology will discuss their perspectives and experiences as a support role for the student-athlete.

E. Suggested Instructional Time Allocation

Each major unit of study (see II-A: Course Content above) will be approximately two weeks in length.

V. GENERAL INFORMATION

This class is a one-semester, 5-unit upper-division class that will be offered as a Physical Education elective.

A. Prerequisites

Students should have completed PE Core 1-4 courses.

B. Requirements Met

This course may be used as elective credit toward graduation but does not meet any specific graduation requirement