



# Independent Study | in Idaho

**PSYCHOLOGY 410  
SPORT  
PSYCHOLOGY**

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Boise State University — Idaho State University — Lewis-Clark State College

# Course Guide

Independent  
Study | in Idaho

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## **Psychology 410 Sport Psychology**

Lewis-Clark State College  
3 Semester Credit Hours

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3- Psyc 410

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## Psyc 410: Sports Psychology

3 Semester-Hour Credits: LCSC

### **Welcome!**

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Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course including the course description, course materials, course objectives, as well as information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

### **Policies and Procedures**

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Refer to the ISI website at [www.uidaho.edu/isi](http://www.uidaho.edu/isi) and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support and other services.

### **Course Description**

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Application of the principles and methodologies of psychology to athletics. Topics include individual philosophies of sport, motivation, personality of coaches and athletes, recreational sports for children, psychological testing, training and learning principles, mind/body relationships, and the effects of anxiety, arousal, and relaxation on performance and current research in the field. Prerequisite: Psyc 101 or Psyc 205 [Developmental Psychology], or permission of instructor. LCSC students: Cross-listed with KIN 410 [Sports Psychology].

*Recommended: Internet access*

*10 graded lessons, 2 graded projects, 3 proctored exams*

### **Course Materials**

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#### **Required Course Materials**

- Weinberg, Robert S and Daniel Gould. *Foundations of Sport and Exercise Psychology*. 5<sup>th</sup> ed. Champaign, IL: Human Kinetics, 2011. ISBN-10: 0-7360-8323-5; ISBN-13: 978-0-7360-8323-2  
*OR:*
- Weinberg, Robert S and Daniel Gould. *Foundations of Sport and Exercise Psychology*. 5<sup>th</sup> ed. Champaign, IL: Human Kinetics, 2011. ISBN-13: 9781450429313 EBook

*NOTE: Access to the Human Kinetics website associated with the textbook is highly recommended. Information on how to access and login to this website is located on the inside cover of your text book.*

### **Course Delivery**

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This course is available online. An electronic course guide is accessible through Canvas at no additional cost. Refer to your *Registration Confirmation Email* for instructions on how to access the electronic version through Canvas.

### **Course Introduction**

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Welcome to the Independent Study version of Sport Psychology. It is my distinct pleasure to offer this course in this format. I hope that you will find the material interesting and helpful. Assignments and exams have been closely associated with the text book. If you have any questions or concerns, do not hesitate to contact me.

This booklet is your course study guide. Read this introductory information carefully before beginning your course.

This course is designed to provide you with an introduction and overview of sports psychology factors, such as motivation, communication, imagery, management of psychological energy, stress management, relaxation, goal setting and the implementation of Psychological Skills Training (PST).

You will be answering many questions about yourself. The intent of our self-analysis is to encourage critical self-thought that will help you identify who you are and how you can be a more successful coach/teacher. I hope you see the importance of self-awareness and how your students'/athletes' self-awareness can be enhanced.

To benefit from this course you will need to:

- Commit to self-analysis.
- Open yourself up to critical thinking.
- Try new skills.

I hope you will have an open mind, ask questions, and have fun with the course material. Feel comfortable contacting me at any time during the course. You will find my contact information in the letter you receive upon registration. I would like to create a discussion atmosphere through your written assignments and the feedback you receive on your lessons. I believe sports psychology is an exciting area of study, and you will want to talk about your activities, exercise and projects. Please share your thoughts with me, your friends, or your colleagues. I will respond to questions submitted with your lessons.

Finally, I hope after completing this course, you will know yourself better and will be better able to understand and recognize the needs of your students/athletes.

It takes commitment, patience, persistence, and enthusiasm to acquire new skills.

Have fun! Work hard!

~Mike

## **Course Objectives**

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- To understand how thoughts, values, and beliefs influence an individual's participation and performance in sport.
- To acquire psychological skills and knowledge applicable to coaches, teachers, or other practitioners.
- To develop or clarify a coaching/teacher philosophy and understand how this philosophy affects the coach's/teacher's ability to implement psychological skills training.
- To understand how to design and implement a psychological skills training program for your students/athletes.

## Lessons

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Each Lesson Includes:

- Lesson objectives
- A reading or research assignment
- A written assignment or activity

Study Hints:

- Complete all assigned readings
- Set a schedule allowing for completion of the course one month prior to your desired deadline.

All written assignments **MUST BE TYPED**. Please read the objectives for each exercise and project. You will be evaluated on the organization, thoroughness, depth, and clarity of your thoughts.

## Exams

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- You must wait for grades and comments on lessons prior to taking subsequent exams.
- For your instructor's exam guidelines, refer to your *Registration Confirmation Email*.

Refer to *Grading* for specific information on lesson/exam points and percentages.

## Grading

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The final course grade will be based upon the following considerations.

This course has 12 assignments (10 chapter exercises and 2 projects) and 3 exams. Your grade will be determined by:

10 chapter exercises	25 points each	250 points
2 projects	50 points each	100 points
3 exams	100 points each	300 points
<b>TOTAL POINTS</b>		<b>650 points</b>

FINAL GRADE will be based on points on this scale

585 – 650	=	A
520 – 584	=	B
455 – 519	=	C
390 – 454	=	D
000 – 389	=	F

The final course grade is issued after all lessons and exams have been graded.

Acts of academic dishonesty, including cheating or plagiarism are considered a very serious transgression and may result in a grade of F for the course.

## **About the Course Developer**

Dr. Collins has been teaching at Lewis-Clark State College for over 10 years. He also serves as the head cross country and track coach which enables him to apply his sport psychology skills and knowledge to a “real world” setting. He has been successful applying these skills as he has been named the Frontier Conference Coach of the Year seven times and has over 80 all-Americans at Lewis-Clark State.

Dr. Collins graduated from Boise State University with a Bachelor’s degree in Exercise Science, earned his Master’s degree from the University of Utah in Exercise Physiology and then earned his Ph.D. from the University of Idaho in Education with an emphasis area of Sport Science.

He is very active and has participated in numerous fun runs, bike races and triathlons. He has qualified for the US National Triathlon Championship six times and has also completed two ironman triathlons (2.4 mile swim, 112 mile bike, 26.2 mile run). He also enjoys reading, fly fishing and numerous other activities.

He is married to Tracy and has two daughters (Kassie and Emily), both currently in elementary school.

## **Contacting Your Instructor**

Instructor contact information is available in Canvas.

## Assignment Submission Log

Lesson	Projected Date for Completion	Date Submitted	Grade Received	Cumulative Point Totals
1				
2				
<b>It is time to take Exam 1.</b>				
<b>Exam 1</b>				
3				
4				
5				
6				
7				
8 (Project 1)				
<b>It is time to take Exam 2.</b>				
<b>Exam 2</b>				
9				
10				
11				
12 (Project 2)				
<b>It is time to take Final Exam.</b>				
<b>Final Exam</b>				



# Lesson 1

## Introduction, Personality, Motivation, Arousal, Stress and Anxiety

### Lesson Objectives

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- Understand what sport and exercise psychology specialists do.
- Know what training is required to be a sport and exercise psychologist.
- Understand major developments in the history of sport and exercise psychology.
- Describe what makes up personality and why it is important.
- Comprehend the relationship between personality and behavior in sports and exercise.
- Apply what you know of personality in sports and exercise settings to better understand people's personalities.
- Define motivation and its components.
- Compare and contrast theories of achievement motivation.
- Use fundamentals of achievement motivation to guide practice.
- Identify major sources of anxiety and stress.
- Explain how and why arousal and anxiety-related emotions affect performance.
- Compare and contrast ways to regulate arousal, stress, and anxiety.

### Reading Assignments

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Weinberg/Gould. *Foundations of Sport and Exercise Psychology*, Chapters 1, 2, 3 and 4.

### Written Assignment

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Points Possible – 25

1. Write out and answer Review Questions 1, 3, 12 and Critical Thinking Question 2 at the end of Chapter 1.
2. Write out and answer Review Questions 1, 4, 6, 8, 9, 12 and Critical Thinking Question 1 at the end of Chapter 2.
3. Write out and answer Review Questions 1, 3, 5, 8, 9, 12, 16 at the end of Chapter 3.
4. Write out and answer Review Questions 1, 3, 6, 8 and Critical Thinking Question 3 at the end of Chapter 4.