



## **PSY 260E General Sports Psychology**

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### **Course Information:**

Spring 2017

Monday and Wednesday

9:00 – 10:20

### **Course Objective**

The course will provide an overview of the field of general sports psychology and exercise, which involves applying general topics to exercise, sports, competition and health. Topics will cover how sports –at any level- with athletes and teams in motivation, concentration, resilient personalities, attention, decision making based on important approaches in sports psychology and social communication. Topics will include procedures for solving problems, adherence and motivation, etc. One major area of study is healthy lifestyle habits as a very important complement to training. Well-being and performance are compatible.

### **Course Description**

Course readings, exercises and class preparation are very important. Sometimes, the instructor might only have enough time in class to go over the major conceptual and empirical issues, so it is extremely important for students to develop a full understanding of a motivational topic and to utilize it. You must supplement in-class discussion with knowledge gained from the assigned readings.

This strong emphasis on course projects reflects not only a desire to educate you about the physical and psychological aspects of sport and exercise but also a commitment to help you apply your knowledge in meaningful and practical ways, whether you are a physical educator, coach, recreation specialist, athlete, or aspiring sport psychologist.

### **Learning Objectives**

1. Become familiar with general psychological principles of Sport that affect performance in sports and exercise.
2. Develop skills in common interventions for achieving goals and maintaining gains.
3. To understand how psychological variables influence participation and performance in sport and physical activity.
4. To understand how participation in sport influences the psychological characteristics of the individual athlete.
5. To acquire skills and knowledge about sport psychology that you can apply as a coach, athlete, or other practitioner.
7. To learn more about yourself as a person, or as a sports professional.

### **Prerequisites**

A previous psychology or sport course is recommended, though not obligatory.

### **Methodology**

This is a reading course, a class for discussion, presentations and more than just classical class where the professor has 100% of the responsibility. So that means that you should expect an appropriate amount of reading each week. It's an old saying, but nevertheless true, that you'll get out of this course just what you put into it. As an American professor said of the syllabus, "In order to really develop a practical understanding of sport psychology from this course, you must complete all of the weekly readings and homework assignments":

- a) Professor presentations about different topics listed in the syllabus.
- b) Case studies to complete at home and bring to class.
- c) Student presentations (see the list).
- d) Exercises based on the book American Coaching Effectiveness Program. Level 2. Will be provided by the professor as a PDF.
- e) Sport Values: Respect, non-discrimination. PSYTOOL Project

### **Evaluation:**

- a) Exam after every lesson: Multiple choice 20%
- b) Sport Values and outdoor activities 10%
- c) Case Studies 10%
- d) Lesson 10%
- e) Personal presentations 10%
- f) Midterm + Exam 2 and Final 40%

### **Required Texts**

Welcome to Sport Psychology (PDF). Reading and study texts prepared by the Professor.

### **Resources**

The literature in Sport Psychology is really impressive. Students could read and review the available research literature (i.e., professional journals such as ***Revista de Psicología del Deporte (RPD)***, ***Revista Iberoamericana de Psicología del Ejercicio y el Deporte (RIPED)*** (both in English and Spanish) or ***Journal of Sport and Exercise Psychology***, ***The Sport Psychologist***, ***Journal of Sport Behavior***, ***International Journal of Sport Psychology***, and ***Journal of Applied Sport Psychology***. You are responsible for reading to complete your information about our topics.

### **Academic Sport and Exercise Psychology Texts**

- Berger, B., Pargman, D., & Weinberg, R. (2006). *Foundations of exercise psychology* (2nd ed.). Morgantown, WV: Fitness Information Technology.
- Buckworth, J., & Dishman, R. (2002). *Exercise psychology*. Champaign, IL: Human Kinetics.
- Burton, D., & Raedeke, T. (2008). *Sport psychology for coaches*. Champaign, IL: Human Kinetics.
- Feltz, D.L., Short, S.E., & Sullivan, P.J. (2008). *Self-efficacy in sport*. Champaign, IL: Human Kinetics.
- Hanin, Y.L. (Ed.). (2000). *Emotions in sport*. Champaign, IL: Human Kinetics.
- Hardy, L., Jones, G.J., & Gould, D. (1996). *Understanding psychological preparation for sport*. Chichester, England: Wiley.
- Jones, J.G., & Hardy, L. (Eds.). (1990). *Stress and performance in sport*. Chichester, England: Wiley.
- Jowett, S., & Lavallee, D. (Eds.) (2007). *Social psychology in sport*. Champaign, IL: Human Kinetics.
- Kerr, J.H. (1997). *Motivation and emotion in sport: Reversal theory*. East Sussex, UK: Psychology Press.
- Marcus, B.H., & Forsyth, L.H. (2009). *Motivating people to be physically active*. Champaign, IL: Human Kinetics.
- Rotella, B., Boyce, B.A., Allyson, B., & Savis, J.C. (1998). *Case studies in sport psychology*. Sudbury, MA: Jones & Bartlett.
- Schinke, R.J., & Hanrahan, S.J. (Eds.) (2009). *Cultural sport psychology*. Champaign, IL: Human Kinetics.
- Silva, J.M., & Stevens, D.E. (Eds.). (2002). *Psychological foundations of sport*. Boston: Allyn & Bacon.
- Thomas, R.A., & Sherman, R.T. (1993). *Helping athletes with eating disorders*. Champaign, IL: Human Kinetics.
- Willis, J.D., & Campbell, L.F. (1992). *Exercise psychology*. Champaign, IL: Human Kinetics.

### **Applied Sport Psychology Texts**

- Butler, R.J. (Ed.). (1997). *Sport psychology in performance*. Oxford: Reed Educational and Professional.
- Hodge, K. (1994). *Sport motivation: Training your mind for peak performance*. Auckland, NZ: Reed.
- Jackson, S.A., & Csikszentmihalyi, M. (1999). *Flow in sports*. Champaign, IL: Human Kinetics.
- Kornspan, A. (2009). *Fundamentals of sport psychology*. Champaign, IL: Human Kinetics.
- Martens, R. (1987). *Coaches' guide to sport psychology*. Champaign, IL: Human Kinetics.
- Murphy, S. (2005). *The sport psychology handbook*. Champaign, IL: Human Kinetics.
- Orlick, T. (1986). *Coaches training manual to psyching for sport*. Champaign, IL: Human Kinetics.

### **Audiovisual Resources**

Several videos are now available that provide a nice supplement to the course material offered in the text. The names and addresses of the organizations that distribute these videos are listed here. In addition, many instructors have found downloading YouTube videos to be an effective way to engage students in the learning process. For example, you can type in the word "flow" and access a 20-minute video clip of **Mihaly Csikszentmihalyi**, the original flow theorist, talking about how he developed his ideas on the concept. Other key words that identify interesting video clips include: Sport psychology, athletes behaving badly, and sports coaching.

Achieving the Dream: Performing Your Best at the Olympic Games Sport Science and Technology Division

### **Professional Magazines**

*International Journal of Sport Psychology. Internacional Society of Sport Psychology (ISSP).*

*International Journal of Sport & Exercise Psychology.*

*Journal of Sport & Exercise Psychology.*

*Journal of Applied Psychology.*

*Psychology of Sport and Exercise.*

*The Sport Psychologist.*

### **Attendance, Punctuality and General Course Policies**

Attendance is mandatory. If there is a justifiable excuse for missing class, some form of documentation (e.g. doctor's note) must be provided to the proper authorities. Any student missing class must catch up on the missed notes from fellow students.

More than 3 unexcused absences will result in the lowering of the grade. Students with more than 2 such absences may not challenge the final grade received.

Punctuality is required. If a student arrives more 15 minutes late it will constitute a 0.5 absence. However no student will be permitted entrance more than 25 minutes after the beginning of the class and hence will be marked absent.

Please keep your cell phones turned off during class.

Strictly no food to be consumed in class (you are in Spain ).

### **Academic Dishonesty**

Academic integrity is a guiding principle for all academic activity at Pablo de Olavide University. Cheating on exams and plagiarism (which includes copying from the internet) are clear violations of academic honesty. A student is guilty of plagiarism when he or she presents another person's intellectual property as his or her own. The penalty for plagiarism and cheating is a failing grade for the assignment/exam and a failing grade for the course. Avoid plagiarism by citing sources properly (using footnotes or endnotes and a bibliography).

### **Students with Disabilities**

If you have a disability that requires special academic accommodation, please speak to your professor within the first three (3) weeks of the semester in order to discuss any adjustments. It is the student's responsibility to provide the International Center with documentation confirming the disability and the accommodations required (if you have provided this to your study abroad organization, they have most likely informed the International Center already but please confirm).

### **Behavior Policy**

Students are expected to show integrity and act in a professional and respectful manner at all times. A student's attitude in class may influence his/her participation grade. The professor has a right to ask a student to leave the classroom if the student is unruly or appears intoxicated. If a student is asked to leave the classroom, that day will count as an absence regardless of how long the student has been in class.

### **Course Schedule**

#### **JANUARY**

Wed., 25 & Mon., 30 (Marcos)

#### **Welcome message.**

Introductory class 1 Defining Sport and Exercise Psychology.

**Reading:** Welcome to Sport Psychology. Weinberg and Gould (2011).

Introductory class 2 and **Coordination skills for Mountain runners.**

#### **FEBRUARY**

Wed,1 & Mon.,6 (Marcos)

**OUTDOOR** activity1: Kayak tour along the Guadalquivir.

**Student presentations:** Social-psychological approach.

About ISSP. International Society of Sport Psychology.

Homework: Read About **ISSP. International Society of Sport Psychology.**

#### **Remember: February 3, Last day: «drop & add»**

Wed, 8 & Mon.,13 (Marcos)

**Emotions and Performance:** Basic concepts

**Student presentations:** How emotions influence in competitive sports

Practice 1 in class: Self Regulation

**Case Study 1: Messner in Nanga Parbat**

Case Study discussion

**Reading:** Tod, D. (2014). *Sport Psychology. The basics*. Routledge. New York.

**Presentations:** Fear turned to curiosity.

Wed,15 & Mon.,20 (Group & Marcos)

**OUTDOOR** activity2. Ready to play interactive games: Teaching-Learning Process: Football-Soccer

**Student presentations:** 1. Coaches styles. 2. The art of Liderships.

**Practice: *Team Expedition Plannings***

**Class presentation (groups):** Team rules (Slides)

Homeworks: Evaluation your best and your worse coach.

Wed, 22 (Gwendoline Boonekamp)

*Healthy Talk1: Nutrition and Sport*

**Dark and bright side of Sport:** Eating Disorders: Anorexia, Bulimia.

## MARCH

Wed, 1 & Mon., 6 (Marcos)

**Introduction to Motivation.** Definitions. Why we practice Sport and Physical Activities? Student Presentations: Self-Determination and development of achievement motivation. How to create a good atmosphere in a group.

Case Study: ***The case of SuperPaco***

**Reading:** Tod, D. (2014). *Motivation. Sport Psychology.* The basics. Routledge. New York.

Wed, 8 (Lucas Silva) & Mon., 13 (Marcos)

Case Study: ***From Pub to Ironman***, Motivational **talk2**

**Student presentation Practice:** Learned Helplessness in Sports. Motivational videos selected for the students.

### **Remember: Wed.,15 March Mid-term exam:**

Mon., 20 & Wed., 22 (José Carlos Jaenes & Marcos)

**Talk3:** PsyTool “Sport Psychology as a strategic tool for prevention and training on grassroots sports”.

**Positive consequences of Sport and Physical Activity:**

Health and Well-being

Mon., 27 & Wed., 29 (Marcos)

**Film Documentary:** *Touching The Void*

Homework: Valuation and Analysis

## APRIL

Mon., 3 & Wed., 6 (Marcos)

**OUTDOOR** activity3: **Trekking day to Torrecillas**

Exercise in the reduction of Anxiety, Depression, Enhancing mood with exercise. Psychological benefits: explanations. The runner’s High. Adherence.

Mon., 17 & Wed., 19 (Germán Monterrubio & Marcos)

**Physical training:**

Basic concepts. How to put together physical, tactical training and psychological preparation.

**Exercise:** How to put it all together.

**Presentations:** (two students):

**Talk4:** *From swimming pool to Open water*

**OUTDOOR activity4:** **Physical** training, Open Water Swimming

Mon., 24 & Wed., 26 (José Viñas & Marcos)

**Psychological Characteristics of Peak Performance.**

Warming up- competition Peak Performance profile.

Mental Toughness and Hardiness in Sport.

**Talk5:** *Fever of Sport*

**Exercise:** Believes: The way to go.

**Presentations:** 1. Mental Toughness. 2. Hardiness and Sport. 3. Your fever athlete: Why?

**MAY**

Mon., 8 & Wed., 10 (José Carlos Jaenes & Marcos)

**Talk6:** *XIV World ISSP Congress of Sport Psychology, Sevilla, 2017, July 10-14.*

Conclusions.

Mon., 15 & Wed., 17

Final Exams (5 days total)

**Friday, May 19 – Farewell reception (in Seville)**

IMPORTANT ACTIVITY in the future:

**XIV World ISSP Congress of Sport Psychology, Sevilla, 2017, July 10-14.**

[www.issp2017.com](http://www.issp2017.com)

**Holidays:**

April 10-14: Holy Week

May 1-5: Seville's April Fair

*This syllabus is subject to change.*