Psychology 353
SPORT PSYCHOLOGY

Tarra Cemborski, M.S.

Course Description and Objectives:

This course examines psychological theories and research related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area. The course objectives are as follows:

- To increase your understanding of how psychological factors influence involvement and performance in sport, exercise, and physical education settings
- To increase your understanding of how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved
- To help you acquire skills and knowledge about sport and exercise psychology that you can apply as a coach, teacher, athletic trainer, or exercise leader

Texts and Reading Assignments:


GET THE BOOK BEFORE THE FIRST WEEK OF THE COURSE, your first week assignments will be based on Chapter 1 and 16 (351-352).

Additional Readings to be assigned and put on PLATO.

Projects:

**Sport and Exercise Psychology Movie**

Watch a movie from the options at [www.sportsinmovies.com](http://www.sportsinmovies.com) that addresses the mental skills topic of your choice.

- No Papers on *Miracle, Blindside, or Remember the Titans!*

**Exercise Psychology and the Internet**

Choose a specific topic from the exercise section of the text that you find interesting: exercise and psychological well-being or exercise behavior and adherence. You are going to review web sites on the Internet.

* The project details will be listed on the syllabus.

If you have any questions about this course please email me at tcemborski@westfield.ma.edu