

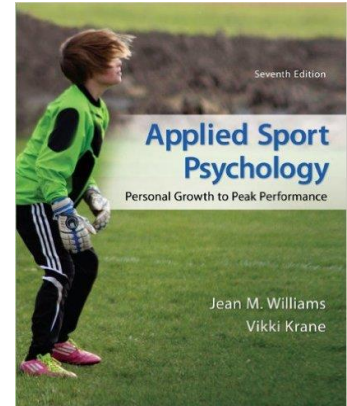
Psychology 353 SPORT PSYCHOLOGY

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:

Williams, J. M., Krane, V. (2015). *Applied Sport Psychology: Personal Growth to Peak Performance* (7th ed.) New York, NY: McGraw-Hill.

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 that addresses the mental skills topic of your choice.

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

Sport and Exercise Psychology and Technology

You are to critique/review **FOUR APPS**.

You can include app for stress management, mindfulness, exercise adherence, and anything that could be used in conjunction with this course.

* All project details will be listed on the syllabus.

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