

Psychology 354 PSYCHOLOGY OF INJURY Fall 2018

Instructor: Tarra Cemborski, M.S.

Course Description and Objectives:

Psychological factors involved in sport-related injuries and the rehabilitation process. Course content includes relevant theory and research as well as practical applications. Topics include: stress, responses to injury, mental skills used to manage injury (i.e., goal setting, motivation, and confidence), social support, potential psychological problems faced during rehabilitation, and returning to sport after injury. The course objectives are as follows:

- Identify ways in which psychological factors affect and are affected by sport injury processes and outcomes.
- Knowledge of how to apply psychological principles to effect change in sport injury processes and outcomes.
- Demonstrate awareness of factors contributing to positive relationships between sport health care practitioners and their patients or clients.
- Explain the role of psychological factors in the occurrence, maintenance, prevention, and treatment of sport injuries.
- Knowledge of issues and techniques associated with adherence to preventive and therapeutic interventions for sport injury.

Texts and Reading Assignments:

Brewer, B.W., & Redmond, C.J. (2017). *Psychology of Sport Injury*. Champaign, IL: Human Kinetics.

Additional Readings to be assigned and put on PLATO in each week and in the Articles Folder.

GET THE BOOK BEFORE THE FIRST WEEK OF THE COURSE, your first week assignments will be based on Chapters 1.

This course will include discussion boards, projects, and case studies of injured athletes.

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

