



COURSE OUTLINE : PSYCH 170

D Credit – Degree Applicable

COURSE ID 010509

Created: February 2020

Revision: October 2021

COURSE DISCIPLINE : PSYCH
COURSE NUMBER : 170
COURSE TITLE (FULL) : Sports Psychology
COURSE TITLE (SHORT) : Sports Psychology
ACADEMIC SENATE DISCIPLINE: Psychology

CATALOG DESCRIPTION

PSYCH 170 is designed for students who would like to develop a proficiency in using psychological knowledge and skills to improve athletic performance and promote the well-being of athletes. Topics covered include developmental psychology, identity theory, motivation, emotion, stress, and arousal. The course also focuses on the communication dynamics needed to establish healthy relationships. Both individual and team sports are reviewed in order to apply class concepts.

Total Lecture Units:3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours:54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Prerequisite: ENGL 100 or ESL 151.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
2	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
3	ENGL	100	Writing Workshop	read, analyze, and evaluate student compositions for unity, development, use of evidence, interpretation, coherence, and variety of sentence form;	Yes
4	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
5	ENGL	100	Writing Workshop	write an argumentative essay that has an introduction, body paragraphs, and a conclusion, demonstrating a basic understanding of essay organization;	Yes
6	ENGL	100	Writing Workshop	write an argumentative essay that addresses the topic, is directed by a thesis statement, uses appropriate textual evidence, develops logical interpretations, and concludes with some compelling observations;	Yes
7	ENGL	100	Writing Workshop	write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques;	Yes
8	ENGL	100	Writing Workshop	write an argumentative essay that generates novel ideas (those that add to the conversation rather than repeating the author's ideas) related to the topic and the readings;	Yes
9	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes
10	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems;	Yes
11	ESL	151	Reading And Composition V	read and critically analyze various academic readings;	Yes
12	ESL	151	Reading And Composition V	summarize readings;	Yes
13	ESL	151	Reading And Composition V	organize fully-developed essays in both expository and argumentative modes;	Yes

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14	ESL	151	Reading And Composition V	compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;	Yes
15	ESL	151	Reading And Composition V	revise writing to eliminate errors in syntax, and grammatical constructions;	Yes
16	ESL	151	Reading And Composition V	employ basic library research techniques;	Yes
17	ESL	151	Reading And Composition V	compose one research paper (1,000 words) or two short research papers (500-700words each) with citations.	Yes

EXIT STANDARDS

- 1 Critically evaluate psychological research;
- 2 analyze the psychological factors associated with optimal performance among athletes;
- 3 identify and discuss concepts associated with identity, motivation, emotion, stress, and arousal as they relate to sports;
- 4 describe the interdisciplinary nature of the study of sports and athletic performance;
- 5 synthesize psychological concepts to describe and improve athletic performance.

STUDENT LEARNING OUTCOMES

- 1 Identify various psychological concepts and skills that can be applied to sports and other competitive situations;
- 2 explain the psychological theories and principles used by athletes and coaches to enhance the performance and enjoyment of sports.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Psychological Underpinnings <ul style="list-style-type: none"> • Development of Psychology and Sports Psychology • Research methods in Sports Psychology 	6	0	6
2	Development Factors in Sports Psychology <ul style="list-style-type: none"> • Childhood • Adolescence • Adulthood 	12	0	12
3	Motivation and Emotion <ul style="list-style-type: none"> • Biological factors • Attribution theory • Emotional intelligence 	6	0	6

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4	Stress and Arousal <ul style="list-style-type: none"> • Distress vs. eustress • Stress appraisal • Coping 	6	0	6
5	Identity in Sport <ul style="list-style-type: none"> • Personal identity • Social identity theory • Racial identity theory 	9	0	9
6	Enhancing Performance <ul style="list-style-type: none"> • Goal setting • Practice • Imagery • Concentration 	9	0	9
7	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive team environment • Effective communication • Leadership • Character and ethics 	6	0	6
				54

OUT OF CLASS ASSIGNMENTS

- 1 homework assignments (e.g., written explanation of the role of social identity in team formation);
- 2 short essays demonstrating application of concepts and critical thinking skills (e.g., written application of a peer-reviewed journal article).

METHODS OF EVALUATION

- 1 unit examinations;
- 2 student presentations or projects (e.g., presentation of a performance improvement plan for athletes);
- 3 final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial



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- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Foundations of Sport and Exercise Psychology	Required	Human Kinetics	7	Print	Weinberg, Robert S.	978-1492570592	2019