

Program	BS Physical Education	Course Code	PE-405	Credit Hours	02
Course Title	Sports Psychology (Theory)				
Course Introduction					
<p>This course explores the psychological aspects of sports and physical activity. It covers theories and concepts related to motivation, performance, mental health, and the psychological benefits of sports participation. Students will learn how psychological principles can enhance athletic performance and overall well-being.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> • Understand the fundamental concepts and theories of sports psychology. • Analyze the psychological factors that influence sports performance. • Apply psychological techniques to enhance athletic performance. • Evaluate the role of motivation, anxiety, and stress in sports. • Discuss the psychological benefits of sports participation. • Develop strategies to improve mental health and well-being through sports. • Conduct basic sports psychology assessments and interventions. 					
Course Content					Assignments/Readings
Week 1	Introduction to Sports Psychology <ul style="list-style-type: none"> • Definition and importance of sports psychology • Historical development • Current trends and future directions 				From Books and Class Lectures
Week 2	Motivation in Sports <ul style="list-style-type: none"> • Theories of motivation: intrinsic and extrinsic motivation • Goal setting and achievement motivation • Techniques to enhance motivation 				From Books and Class Lectures
Week 3	Anxiety and Stress Management <ul style="list-style-type: none"> • Understanding anxiety and stress in sports • Effects of anxiety and stress on performance • Coping strategies and relaxation techniques 				From Books and Class Lectures
Week 4	Personality and Sports Performance <ul style="list-style-type: none"> • Personality traits and athletic performance • Psychological profiles of athletes • Assessing personality in sports 				From Books and Class Lectures

Week 5	Group Dynamics and Team Cohesion <ul style="list-style-type: none"> • Group processes in sports teams • Building team cohesion • Leadership and communication in sports teams 	From Books and Class Lectures
Week 6	Psychological Skills Training (PST) <ul style="list-style-type: none"> • Components of PST: imagery, self-talk, concentration, and goal setting • Developing and implementing PST programs • Evaluating the effectiveness of PST 	From Books and Class Lectures
Week 7	Mental Toughness and Resilience <ul style="list-style-type: none"> • Characteristics of mentally tough athletes • Building resilience in sports • Strategies to enhance mental toughness 	From Books and Class Lectures
Week 8	Practical Session: PST Techniques <ul style="list-style-type: none"> • Hands-on practice with PST techniques • Group exercises and role-playing • Peer feedback and critique 	From Books and Class Lectures
Week 9	Youth Sports Psychology <ul style="list-style-type: none"> • Psychological development in young athletes • Coaching youth athletes • Addressing common psychological issues in youth sports 	From Books and Class Lectures
Week 10	Psychological Benefits of Physical Activity <ul style="list-style-type: none"> • Mental health benefits of regular physical activity • Exercise and stress reduction • Promoting physical activity for mental well-being 	From Books and Class Lectures
Week 11	Injury and Rehabilitation Psychology <ul style="list-style-type: none"> • The psychological impact of sports injuries • Coping with injury and recovery • Role of sports psychologists in rehabilitation 	From Books and Class Lectures
Week 12	Practical Session: Psychological Assessment <ul style="list-style-type: none"> • Conducting psychological assessments in sports • Using assessment tools and techniques • Interpreting assessment results 	From Books and Class Lectures
Week 13	Diversity and Inclusion in Sports <ul style="list-style-type: none"> • Addressing diversity in sports • Promoting inclusion and equity 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Psychological support for minority and marginalized athletes 	
Week 14	<p>Ethics in Sports Psychology</p> <ul style="list-style-type: none"> • Ethical principles in sports psychology • Confidentiality and professional conduct • Addressing ethical dilemmas 	From Books and Class Lectures
Week 15	<p>Case Studies in Sports Psychology</p> <ul style="list-style-type: none"> • Analysis of real-world cases • Application of psychological principles to case studies • Group discussions and presentations 	From Books and Class Lectures
Week 16	<p>Review and Final Exam Preparation</p> <ul style="list-style-type: none"> • Review of key concepts and principles • Mock exams and practice questions • Final exam preparation 	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Cox, R. H. (2019). Sport psychology: Concepts and applications (8th ed.). McGraw-Hill Education.
- Lavalley, D., Kremer, J., Moran, A., & Williams, M. (2018). The psychology of sport and exercise (7th ed.). Routledge.
- Mack, G., & Casstevens, D. (2018). Mind Gym: An athlete's guide to inner excellence (Updated ed.). McGraw-Hill Education.
- Ungerleider, S. (2018). Mental training for peak performance (3rd ed.). Rodale Books.
- Weinberg, R. S., & Gould, D. (2021). Foundations of sport and exercise psychology (8th ed.). Human Kinetics.
- Williams, J. M., & Krane, V. (2019). Applied sport psychology: Personal growth to peak performance (8th ed.). McGraw-Hill Education.

Suggested Readings

- **Journals:** Journal of Sport & Exercise Psychology, The Sport Psychologist, International Journal of Sport and Exercise Psychology
- **Websites:** American Psychological Association (APA) Division 47, Association for Applied Sport Psychology (AASP)
- **Videos:** Online tutorials on mental training techniques, webinars on sports psychology interventions