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| Program | BS Physical Education | Course Code | PE-406 | Credit Hours | 01 |
| Course Title | Sports Psychology (Practical) | | | | |
| Course Introduction | | | | | |
| <p>The practical component of the Sports Psychology course is designed to provide students with hands-on experience in applying psychological principles and techniques to enhance sports performance. Students will engage in various activities, including psychological assessments, mental skills training, and intervention strategies. These practical sessions aim to bridge the gap between theoretical knowledge and practical application in sports settings.</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 Practical Sessions <ul style="list-style-type: none"> • Orientation to the sports psychology lab • Overview of practical session objectives and expectations • Ethical considerations in sports psychology practice | | | | From Books and Class Lectures |
| Week 2 | Psychological Assessment in Sports <ul style="list-style-type: none"> • Introduction to psychological assessment tools • Conducting assessments using questionnaires and inventories (e.g., Sport Anxiety Scale, Athletic Coping Skills Inventory) • Interpreting assessment results and providing feedback | | | | From Books and Class Lectures |
| Week 3 | Goal Setting and Motivation <ul style="list-style-type: none"> • Techniques for effective goal setting in sports • Developing SMART goals for athletes • Implementing motivation strategies to enhance performance | | | | From Books and Class Lectures |

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| Week 4 | Imagery and Visualization Techniques <ul style="list-style-type: none"> • Understanding the role of imagery in sports performance • Practicing imagery techniques and creating imagery scripts • Applying visualization strategies to different sports scenarios | From Books and Class Lectures |
| Week 5 | Relaxation and Arousal Regulation <ul style="list-style-type: none"> • Techniques for relaxation and arousal control (e.g., progressive muscle relaxation, breathing exercises) • Identifying optimal arousal levels for performance • Implementing relaxation strategies in pre-competition routines | From Books and Class Lectures |
| Week 6 | Self-Talk and Cognitive Restructuring <ul style="list-style-type: none"> • Understanding the impact of self-talk on performance • Identifying and challenging negative self-talk • Practicing positive self-talk and cognitive restructuring techniques | From Books and Class Lectures |
| Week 7 | Focus and Concentration Skills <ul style="list-style-type: none"> • Techniques to enhance focus and concentration in sports • Practicing mindfulness and attentional control exercises • Developing routines to maintain concentration during competition | From Books and Class Lectures |
| Week 8 | Stress Management in Sports <ul style="list-style-type: none"> • Identifying sources of stress in athletes • Implementing stress management techniques (e.g., time management, relaxation techniques) • Developing individualized stress management plans for athletes | From Books and Class Lectures |
| Week 9 | Team Dynamics and Cohesion <ul style="list-style-type: none"> • Understanding the importance of team dynamics in sports • Conducting team-building exercises and activities • Assessing and enhancing team cohesion and communication | From Books and Class Lectures |
| Week 10 | Leadership and Communication in Sports | From Books and Class Lectures |

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| | <ul style="list-style-type: none"> • Exploring different leadership styles and their impact on teams • Practicing effective communication skills for coaches and athletes • Developing leadership qualities in athletes | |
| Week 11 | <p>Confidence Building and Self-Efficacy</p> <ul style="list-style-type: none"> • Techniques to enhance self-confidence and self-efficacy in athletes • Implementing confidence-building exercises and interventions • Monitoring and evaluating the impact of confidence-building strategies | From Books and Class Lectures |
| Week 12 | <p>Mental Preparation for Competition</p> <ul style="list-style-type: none"> • Developing mental preparation routines for athletes • Practising pre-competition mental strategy (e.g., visualization, relaxation) • Implementing mental preparation plans for different sports | From Books and Class Lectures |
| Week 13 | <p>Coping with Injury and Rehabilitation</p> <ul style="list-style-type: none"> • The psychological impact of sports injuries on athletes • Providing psychological support during injury rehabilitation • Implementing coping strategies for injured athletes | From Books and Class Lectures |
| Week 14 | <p>Performance Enhancement Interventions</p> <ul style="list-style-type: none"> • Designing and implementing performance enhancement interventions • Monitoring and evaluating the effectiveness of interventions • Case studies and practical applications of intervention strategies | From Books and Class Lectures |
| Week 15 | <p>Practical Exam Preparation</p> <ul style="list-style-type: none"> • Review of key concepts and techniques learned throughout the course • Hands-on practice with psychological assessment tools and intervention techniques • Preparation for the practical exam | From Books and Class Lectures |
| Week 16 | <p>Practical Exam and Review</p> <ul style="list-style-type: none"> • Practical exam assessing skills learned throughout the course • Review session and discussion of key learnings | From Books and Class Lectures |

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| | <ul style="list-style-type: none"> • Course wrap-up and feedback | |
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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 Practical Tools

- **Psychological Assessment Tools:** Sport Anxiety Scale, Athletic Coping Skills Inventory, Motivational Climate Scale
- **Relaxation and Arousal Regulation Tools:** Progressive muscle relaxation scripts, guided imagery scripts, breathing exercise guides
- **Focus and Concentration Tools:** Mindfulness exercises, attentional control drills
- **Stress Management Tools:** Time management worksheets, stress management plans
- **Team Dynamics and Cohesion Tools:** Team-building activity guides, communication exercises
- **Leadership and Communication Tools:** Leadership style assessments, communication skills training materials
- **Confidence Building Tools:** Confidence-building exercises, self-efficacy scales
- **Mental Preparation Tools:** Pre-competition mental preparation guides, visualization scripts
- **Injury and Rehabilitation Tools:** Coping strategy guides, psychological support materials

