

**George Mason University – Spring 2011**  
**School of Recreation, Health, and Tourism**  
**SPMT 320 Psychology of Sport**

Location: Recreation/Athletic Complex 2203

Day/ Time: T/R 10:30 am – 11:45 am

Professor: Brian Shaffer

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Course Description:

This course will review the major social / psychological theories utilized in current sport psychology research. The practical applications of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation, and healthy behavior in sport.

Course Objectives:

At the completion of this course the students should be able to:

1. Identify and explain major theoretical frameworks used in sport psychology research.
2. Understand the major antecedents and consequences of sport participation.
3. Critically evaluate current research.
4. Identify appropriate intervention strategies for sport performance enhancement.
5. Conduct an applied research project utilizing a theoretical framework and a quasi-experimental design.

Required Readings:

1. Williams, J.M. (2010). Applied Sport Psychology: Personal Growth to Peak Performance (6<sup>th</sup> ed.). New York, NY: McGraw Hill.

Evaluation:

Students will be held to the standards of the George Mason University honor code. You are expected to attend all class sections, actively participate in class discussion, and fulfill assignments. Assignments must be turned in on the specified due date or **no credit will be given**. Only students with **documented** emergencies, medical excuses, or university sponsored functions (discussed with the professor in advance) will be considered for exception. Please see the professor for individual clarifications. All written work must be typed. It is recommended that students make copies of all submitted work.

Requirements:

1. Participation/Assignments grades will be based on active, thoughtful participation on in class discussions and exercises.
2. The final project will consist of an administration and presentation (written and oral) of an experimental study that explores some psychological aspect of sport.
3. Two exams will be administered.
4. This course will be graded on a point system, with a total of 100 possible points.

Requirements

Participation /Assignments

Project

Exams (2)

Points

20

30

50

Grading Scale

A+ = 97 - 100, A = 93 -96, A- = 90 – 92

B + = 87 - 89, B = 83 - 86, B- = 80 - 82

C + = 77 - 79, C = 73 – 76, C- = 70 –72

D = 60 - 69

F = 0 – 59

### Final Project - Mental Training Program :

Get a taste of what it might be like to be a Sport Psychologist. The text discusses many psychological training methods that are typically used to improve performance. Pick a topic from our text's *Part Two Mental Training for Performance Enhancement* chapters and create your own unique training program. Then, implement it using a technique from *Part Three: Implementing Training Programs* with another person (client).

Your program must conform to the following requirements:

- You may only work with someone that you know.
- You must submit your program to me at least one week before you intend to start working with the person. You may not begin the program until I have approved your techniques.
- Your program must be based on the techniques discussed in our text.
- Your program must span *at least* 6 weeks and should include at least one meeting with you and your client each week. During these meetings you should work on the psychological skills, but also seek feedback on the effectiveness of your program from your client. You should include some measure of how well the program works (can be a crude measure or rating scale).
- Your written report must include:
  - An introduction that includes background information (e.g., a short bio of your person, your reason for selecting the particular psychological skills that you did, your reason for selecting this particular person, what you hoped to achieve by doing the program with this person, et cetera),
  - A body in which you give a detailed account of your procedures and techniques
  - A conclusion in which you reflect on the program, telling what you learned, an exit interview with your client in which they give their reaction to your program, and lastly you should give an objective evaluation of your client (e.g., What do they do well? Poorly?).
- Your written report should be between 7 to 10 double-spaced typed pages.
- You will share your findings from your project to the class at the end of the semester via a power point presentation.

### Extra Credit Opportunity - Movie Analysis Paper:

The purpose of this exercise is to have you apply what you have learned in this class as it relates to the psychology of sport as found in the movie you have chosen to see. Please discuss some of the psychological skills that have been covered in this class that are seen in the movie. The paper should be two to three pages in length. The movie must be one that deals with sports. You need to see the entire movie, while noting the various psychological aspects as seen in the movie (motivation, leadership, etc.). The following list of movies, while not complete, would prove to be acceptable. If you would like to review a different film, please run it by me.

|                       |                     |                     |
|-----------------------|---------------------|---------------------|
| Rocky                 | Blue Chips          | Million Dollar Baby |
| A League of Their Own | Remember the Titans | Chariots of Fire    |
| The Natural           | Bull Durham         | Rudy                |
| The Rookie            | Hoosiers            | Miracle             |
| Coach Carter          |                     |                     |

Your analysis should include: 1. Introduction to the movie 2. Why you picked it 3. The movie's plot 4. The psychological skills addressed 5. Conclusion

## Course Content:

| <u>Date</u> | <u>Topic</u>                | <u>Reading / Assignment Due</u> |
|-------------|-----------------------------|---------------------------------|
| 1/25        | Introduction                |                                 |
| 1/27        | Sport Psychology            | Ch. 1                           |
| 2/1         | Motor skill learning        | Ch. 2                           |
| 2/3         | Positive Approach           | Ch. 3                           |
| 2/8         |                             | Ch. 3                           |
| 2/10        | Motivation                  | Ch. 4                           |
| 2/15        |                             | Ch. 4                           |
| 2/17        | Self-fulfilling Prophecy    | Ch. 5                           |
| 2/22        | Leadership                  | Ch. 6                           |
| 2/24        |                             | Ch. 6                           |
| 3/1         | Cohesion                    | Ch. 7                           |
| 3/3         | Review & Project Discussion |                                 |
| 3/8         | <b>Exam # 1</b>             |                                 |
| 3/10        | Peak Performance            | Ch. 9                           |
| 3/15        | <b>SPRING BREAK</b>         |                                 |
| 3/17        | <b>SPRING BREAK</b>         |                                 |
| 3/22        | Peak Performance            | Ch.9                            |
| 3/24        | Arousal & Performance       | Ch. 12                          |
| 3/29        | Imagery                     | Ch. 14                          |
| 3/31        |                             | Ch. 14                          |
| 4/5         | Goal Setting                | Ch. 11                          |
| 4/7         | Injury, Staleness & Burnout | Ch. 22-23                       |
| 4/12        | Review                      |                                 |
| 4/14        | SPMT 490 Presentations      |                                 |
| 4/19        | <b>Exam # 2</b>             |                                 |
| 4/21        | Projects                    |                                 |
| 4/26        | Projects                    |                                 |
| 4/28        | Projects                    |                                 |
| 5/3         | Projects                    |                                 |
| 5/5         | Projects                    |                                 |

## **Other Information**

- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See [www.gmu.edu/student/drc](http://www.gmu.edu/student/drc)]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor

For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>