

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism  
SPMT 202 - 5P1  
Mental Skills for Sport Performance (2)  
Spring 2013

DAY/TIME:	T 12:00 - 1:15 p.m.	LOCATION:	FX - AFC 112
PROFESSOR	Dr. Cindy Waddell	EMAIL ADDRESS:	<a href="mailto:cwaddell@gmu.edu">cwaddell@gmu.edu</a>
OFFICE LOCATION:	PW - BRH 220D	PHONE NUMBER:	703-993-4160
OFFICE HOURS:	R 12:00-1:00 pm FX - JC	FAX NUMBER:	703-993-2025

PREREQUISITES  
None

#### COURSE DESCRIPTION

This course introduces mental skills training for sport performance used within the field of sport and exercise psychology. Mental practice techniques will be demonstrated, practiced and assessed.

#### COURSE OBJECTIVES

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

1. Identify effective mental training strategies for sport performance.
2. Conduct self assessment of mental skills.
3. Practice mental training techniques and document effects.
4. Identify sport performance blocks and appropriate intervention strategies.
5. Justify the appropriateness of mental training strategies based on individual need.

#### COURSE OVERVIEW

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

#### REQUIRED READINGS

Porter, K. (2003). *The Mental Athlete*. Champaign, IL: Human Kinetics.

#### EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

Requirements	Points
<i>Journal</i>	20
<i>Assignments (8)</i>	40
<i>Participation</i>	20
<i>Final paper</i>	20
<b>TOTAL</b>	<b>100</b>

## Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

## TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	January	22	Introduction to Mental Training	
T		29	Journal writing / Self Assessment	Ch 1 & 2 / Mental Trainer #1
T	February	5	Mental skills evaluation	Ch 3 / Evaluations
T		12	Goal Setting	Ch 4
T		19		Menatl Trainer #2 & 3
T		26	Positive Thinking	Menatl Trainer #4 & 5
T	March	5	Relaxation	Ch 5/ Journal review
T		19	Imagery	Ch 6 / Visualization
T		26	Team & Position	Assessment
T	April	2	Peak performance	Ch 7 / Motivation maintenance
T		9	Attention	
T		16	Performance Blocks	Ch 8 / Menatl Trainer #13
T		23	Specific Needs	Ch 9 / Journal review
T		30	Reflection	Ch 10/ Final paper

*Note: Faculty reserves the right to alter the schedule as necessary.*

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and

are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

#### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

