

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism  
SPMT 202-001 - Mental Skills for Sport Performance (2)  
Fall 2015

DAY/TIME:	M 7:20 – 9:10 p.m.	LOCATION:	FX – Innovation Hall 208
PROFESSOR	Dr. Cindy Waddell	EMAIL ADDRESS:	<a href="mailto:cwaddell@SportPsychedUp.com">cwaddell@SportPsychedUp.com</a>
OFFICE HOURS:	By appointment	PHONE NUMBER:	703-615-6686

#### 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

This course is designed to enable students 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.

#### 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 on the specified date due or **no credit will be given**.

#### NATURE OF COURSE DELIVERY

Face to face.

#### 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 – two entries a week must be completed on blackboard</i>	20
<i>Assignments (8) – completed on blackboard</i>	40
<i>Participation - must attend class and participate in discussions</i>	20
<i>Final paper – 5 page reflection 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
M	August	31	Introduction to Mental Training	
M	September	14	Journal writing / Self Assessment	Ch 1 & 2 / Mental Trainer #1
M		21	Mental skills evaluation	Ch 3 / Evaluations
M		28	Goal Setting	Ch 4 / Mental Trainer #2 & 3
M	October	5	Positive Thinking	Mental Trainer #4 & 5
M		19	Relaxation	Ch 5/ Journal review
M		26	Imagery	Ch 6 / Visualization
M	November	2	Social Support	Assessment
M		9	Peak performance	Ch 7 / Motivation maintenance
M		16	Attention	
M		23	Performance Blocks	Ch 8 / Mental Trainer #13
M		30	Specific Needs	Ch 9 / Journal review
M	December	7	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://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

### *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>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

