HPER2500 - Introduction to Sports Psychology

Credits:	3 (3/0/0)
Description:	This course provides an overview of the growing field of sport psychology, including motivation, communication, energy management, stress management, goal setting, peak performance strategies and the relationship of meaningful learning to successful athletic coaching.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Analyze how cognitive thoughts and emotional state influence physical performance. 2. Apply practical mental training techniques that parallel physical training methods to improve athletic performance. 3. Examine the role of psychology in both individual and team sports. 4. Identify and evaluate factors such as burnout, lack of focus, and mental fatigue that impact the performance and well-being of an athlete. 5. Implement goal setting techniques and strategies to create a positive attitude for athletes. 6. Analyze and apply mental imagery, visualization, self-awareness, and confidence building strategies to strengthen personal self-image and contribute to effective team dynamics. 7. Understand the importance of mental health awareness for athletes. 8. Learn the dynamics of managing anxiety, stress, injury, team dynamics, leadership, and participation and career transitions. 9. Identify the issues that may cause mental health issues for athletes. 10. Recognize the psychological aspect of perceived body image and athletic performance.
MnTC goal areas:	None

**Can be taking as a Prerequisite or Corequisite.*

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