



BAKER COLLEGE
STUDENT LEARNING OUTCOMES

PSY 2450 Sports Psychology
3 Semester Credit Hours

Student Learning Outcomes and Enabling Objectives

1. Explore the evolution of the field of sports psychology.
 - a. Explore the origin and historical development of sports psychology.
 - b. Examine the various theoretical orientations in the field.
 - c. Explore the roles/careers and required training within sports psychology.
2. Examine how motivation, arousal and regulation are applied in sports psychology.
 - a. Differentiate the different types of motivation.
 - b. Explore how theories of motivation can explain behavior and competitiveness.
 - c. Differentiate the different states of arousal and how they measured.
 - d. Explain how awareness of arousal states can be used to regulate stress and anxiety.
 - e. Explore strategies for relaxation and coping with competitive stress or anxiety.
3. Explore team dynamics, leadership, and communication in sports psychology.
 - a. Describe the structure of groups/teams.
 - b. Explain how leadership, communication, and cohesion can impact performance.
 - c. Differentiate leadership models (i.e., cognitive, mediational, multidimensional).
 - d. Explore the use of constructive criticism and effective message sending within teams.
 - e. Discuss the impact of interpersonal conflict on team performance, motivation, and success.
4. Explore the impact of a healthy mind-body connection in sports.
 - a. Explore how imagery can be used to achieve goals in sports.
 - b. Explain the major types of goals and how they can be used in sports.
 - c. Explore the theories of concentration as related to sports.
 - d. Explore how mindfulness and positive self-talk can influence performance.
 - e. Explore the relationship between stress and injury.
5. Explore the connection between mental health and exercise/sports.
 - a. Differentiate self-efficacy, self-concept, and self-esteem.
 - b. Explore the impact of exercise on mental health outcomes.

- c. Explore the connection between character (i.e., moral behavior, prosocial behaviors) and sportsmanship.
 - d. Explore the mental health impact of burnout and/or injury in sports.
 - e. Examine the unhealthy, addictive, and/or aggressive behaviors connected to sports (i.e., eating disorders, gambling, substance use, etc.).
6. Examine how diversity, equity, and inclusion is important within sports.
- a. Explore the psychology of youth sports.
 - b. Describe the benefits of youth sports on development.
 - c. Explore how stress and burnout is observed in youth sports, and the protective factors that can buffer them.
 - d. Explore the research on the benefits of equity and inclusion within sports (i.e., gender, sexuality, disability status, race, ethnicity, etc.).
 - e. Discuss ways to increase diversity, cultural competence, and inclusive environments.

Big Ideas and Essential Questions

Big Ideas

- Sports Psychology
- Motivation, Arousal, and Regulation
- Team Dynamics and Leadership
- Mind-Body Connections
- Mental Health and Sports
- Diversity, Equity, and Inclusion

Essential Questions

1. How has the field of sports psychology changed and grown over time?
2. What is value of a sports psychologist?
3. How does motivation link with arousal and regulation?
4. How can the dynamics of a team be changed by the leadership and communication styles used within the team?
5. How does the mind-body connection impact performance and motivation?
6. How can mental health be impacted by exercise and sports participation?
7. What the benefits and costs of competitive sports for people of all ages?
8. How can diversity help to create more equitable and inclusive environments?

These SLOs are not approved for experiential credit.

Effective: Fall 2024