



## MASTER COURSE OUTLINE

A. PHED 2180 Psychological and Social Aspects of Sport

B. COURSE DESCRIPTION:

This course is a study of sport from a psychological and social perspective for coaches and individuals who are interested in careers in this area, or for those who participate in physical activity and sport. This course covers the issues that confront the world of sport and their collective effects on society. Motivation, imagery, stress, communication and competition along with their effects on sport and performance will also be studied.

**(3 Cr – 3 lect, 0 lab)**

C. \*Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

1. Sport in American Society
2. Youth sport issues and concerns
3. Understanding sport and exercise environments
4. Athletics & educational settings
5. Understanding participants
6. Psychological growth and development
7. Listening and communication
8. Motivation and competition

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
* <u>Critical Thinking</u>	<b>Students will be able to:</b> gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	<b>The student will successfully:</b> 1. communicate their supported opinion and application of ethical theory of an issue to other students.

<u>CS</u>	demonstrate an understanding of the influence of psychological factors in sport performance, exercise and physical education settings.	<ol style="list-style-type: none"> <li>1. document examples of psychological factors that led to successful or poor performance in sport.</li> <li>2. identify keys to strong mental performance.</li> <li>3. reference performance enhancing activities in final project.</li> </ol>
<u>CS</u>	analyze the issues that confront the world of sport and their effect on society as a whole.	<ol style="list-style-type: none"> <li>1. write reflections and respond to questions on assigned films related to sport and society and coaching philosophy.</li> <li>2. use sociological theories studied and apply to films including reference to societal barriers.</li> <li>3. complete assignments and questions associated with sports regarding violence, young athletes and gender issues.</li> </ol>
<u>CS</u>	examine, articulate, and increase understanding of how sport, exercise and physical education influence the psychological make-up of individuals involved.	<ol style="list-style-type: none"> <li>1. demonstrate knowledge of material covered by essay response to questions.</li> <li>2. complete skills assessments in listening, hearing and response.</li> <li>3. interview a professional in a related field for final project and implement specific keys to enhancing performance.</li> </ol>

#### G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

#### H. COURSE CODING INFORMATION:

Course Code C/Class Maximum 42; Letter Grade

Revision date: 12/22/09; 01/08/18; 03/28/24

AASC Approval date: 02/20/18; 04/16/24

\*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

\*\*These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

<b>*Riverland Community College Core Themes</b>	<b>MnTC Goal Number</b>
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

<b>**Riverland Community College Discipline Areas</b>	<b>MnTC Goal Number</b>
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland