

Common Course Outline for: *EXSC 2325 Psycho-Social Aspects of Sport and Exercise*

A. Course Description

1. *Number of credits: 3*
2. *Lecture hours per week: 3 hours*
Lab hours per week: None
3. *Prerequisites: None*
4. *Co-requisites: None*
5. *MnTC Goals: None*

Sport and exercise will be examined from both a sociological and psychological perspective. The course identifies ways in which societal values affect the character of sport and the values of exercise. Psychosocial concepts will be used to explore social identities, mass media, youth sport, high school and collegiate athletics, politics, religion and Olympic games. Emphasis will be placed on the following sport and exercise psychological concepts; motivation, adherence, goal orientation, behavioral change and performance imagery.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Personality in sport and exercise
2. Motivational factors in sport and exercise
3. Arousal, stress and anxiety in sport and exercise
4. Group and team dynamics in sport
5. Leadership strategies
6. Arousal regulation and positive imagery
7. Goal setting and concentration
8. Exercise behavior, adherence and well-being
9. Addictive, unhealthy behaviors and burnout in sport and exercise
10. Youth sport and exercise participation
11. Aggression in sport
12. Crime and athletes
13. Class and gender differences in sport and exercise
14. Olympic games
15. Sport and exercise diversity
16. Media portrayal of sport and exercise
17. Sport and economy

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Demonstrate the proper usage of tools needed to think in an informed and critical way about sports in society.
2. Examine the psychological, social, cultural, and historical events that have shaped current North American values of sport and exercise.
3. Understand and utilize significant sport psychology concepts and how they intersect with socio-cultural aspects of sport.
4. Critically analyze sport beyond ideas of statistics and win/loss record, emphasizing instead power relations in sport when considering race, ethnicity, gender, class, and sexuality.
5. Understand what is needed to make informed choices about sports and sport participation in connection with our lives and the lives of others in our families and communities.
6. Develop an awareness of how sports and sport participation impact the lives of individuals and groups in society.
7. Understand the relationship between mind (psychology) and body (physiology) during physical activity and exercise by utilizing laboratory experiments.

E. Methods for Assessing Student Learning

At the discretion of the Instructor, students will be evaluated according to daily attendance and participation in lectures and group activities, written exams, a literary research paper, and group presentations.

F. Special Information None