

Course Syllabus
SPORT PSYCHOLOGY AND HUMAN PERFORMANCE COACHING

A. General Information

1. Academic Unit	SCHOOL OF PSYCHOLOGY					
2. Degree	PSYCHOLOGY					
3. Code	SELE372					
4. Location in curriculum	5TH YEAR					
5. Credits	10					
6. Course Type	Mandatory		Elective	X	Optional	
7. Duration	bimonthly		biannual	X	annual	
8. Weekly Modules	Theoretical classes	1	Practical classes	1	Assistantship	
9. Academic Hours	Clases	68	Assistantship			
10.Prerequisite	None					

B. Contribution to the Graduate's Profile

This course is designed to introduce students to the field of high performance sport psychology, its concepts and applications in the sports industry.

In addition, it will cover how human performance coaching goes beyond sports and affects other areas of life such as academics, business and life.

The course relates directly to the curriculum because it promotes the development of theoretical and practical tools, needed to understand human performance in the different areas where they are currently involved, as students, and/or will eventually participate in as professionals.

C. General Learning Objective of the Course

Understand the main concepts of sport psychology and the field of peak performance, including: definitions of this applied area of psychology; fundamental concepts of high performance in sports, business and life; and basic techniques in order for the students to apply these in practical personal exercises and as they observe real athletes practice and perform in their sports.

D. Units, Unit Content and Learning Objectives

Content of Units/Units	Learning Objective
Unit I: Definition and Basic Concepts 1. What is Sport Psychology and Human Performance Coaching? 2. Areas Where Sport Psychology is Applied 3. High Performance in Sports, Business and Life	<i>Comprehend the main concepts that explain this applied area of psychology, in order to analyze the impact that mental training has on human performance.</i>
Unit II: Techniques 1. First Interview 2. Performance Profiling 3. Goal Setting 4. Observation Checklist	<i>Understand the fundamentals behind basic mental training techniques that help improve performance, as students applied them in a practical way during class.</i>
Unit III: Team Projects 1. Psychological Skills To excel in Sports Business and Life 2. Talent Development and Mental Toughness 3. Leadership 4. Team Building 5. Coaching the Mental Game 6. The Zone and Being in Flow in Sports	<i>Learn specific concepts of Human Performance, as students lead classes in small groups, to teach their peers through the explanation of theory and exercises that stimulate learning.</i>

E. Teaching Strategies

The teaching method will include:

- Lectures taught by the teacher where active participation of students is expected.
- Practical exercises that will be self applied in class.
- Interviewing a guest speaker.
- Students leading classes as a team.
- Field observation activity.

F. Evaluation

- Quiz: 10%
- Exercises in class: 10%
- Self Assessment: 10%
- Team Project (students leading classes): 35%
- Field Observation Activity and Report: 35%

Attendance Requirement: Students must attend 70% of classes.

G. Class Resources

MANDATORY READING:

1. Bali, A. (2015). Psychological Factors Affecting Sports Performance. International Journal of Physical Education, Sports and Health, 92-95.
2. Lataham, G. (2004). The motivational benefits of goal-setting. Academy of Management Executive, Vol. 18, No. 4
3. Weinberg, R. (2013). Goal setting in sport and exercise: research and practical applications. Revista de Educacao fisica.
4. "Defining the practice of Sport and Performance Psychology". Document drafted by member of the APA Division 47 Committee Chair. Denver, Colorado.

1. SUPPLEMENTAL READING:

Buckinham, M. and Coffman, C. (2016). First Break all the Rules. Gallup Press, New York.

Collins, J. (2006). From Good to Great. HarperCollins Publishers Inc., New York.

Davis, G. (1999). High Performance Thinking for Business, Sports and Life. Quality Books Inc., Colorado Springs.

Chatterjee, D. (1998). Leading Consciously. Butterworth-Heinemann, Woburn.

Gallwey, T. (1997). The Inner Game of Tennis. Random House Inc, New York.

Landrum, G. (2006). Empowerment: the competitive edge in sports business and life. Brendan Kelly Publishing Inc. Ontario

Loehr, J. (1994). The new toughness training for sports. Penguin Books, New York.

Maginn, M. (2004). Making Teams Work, 24 lessons for working together successfully. McGraw Hill, New York.

Oon, D. (2013). Conversation with a Zen Tennis Master. Synergy Books Publishing, Utah.

Silsbee, D. (2010). The Mindful Coach. John Wiley & Sons Inc., San Francisco