

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1106

NUMBER OF CREDITS: 2

Lecture: 2 Lab: 0 OJT: 0

Course Title:

Psychology of Winning

Catalog Description:

Psychology of Winning studies the basic principles of psychology related to success and motivation. Emphasizes positive-winning attitudes, success traits, goal-setting and basic psychology principles. This course is designed to help students recognize the strong relationship that exists between attitudes and success in school, work, sports, and life.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Psychological theories and techniques that can be used to enhance performance and personal growth of sport participants from youth to elite levels.

The four-part organization covers learning, motivation, and social interaction.

Mental training for performance enhancement.

Implementing training programs and enhancing health and well-being.

Current research, practice, and anecdotal examples in applied sport psychology.

Goal setting.

Positive attitudes.

Time management.

Effects of negative attitudes have on their personal health.

Techniques that can be used to keep positive direction in their overall lives.

Student Learning Outcomes

Develop and apply health, physical activity, and psychological principles as they relate to human performance.

Explain the role of the brain in human performance and apply theories to human performance within diverse communities.

Describe the major psychological theories used in sport psychology to explain athletic performance.

Identify psychological factors that influence performance in sport, and techniques to increase performance and reduce anxiety.

Describe and explain how physiological tendencies and physiology work together to improve or reduce athletic efficiency.

Identify effective goal setting techniques and how to apply them

Identify challenges/issues with involvement in sport such as; burnout, drug abuse, injury, and eating disorders.

Describe and explain the social psychological aspects of performance such as coaching, teamwork, and other participants.

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 12/11/2020