Faculty are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Collegewide Curriculum Committee.

DEPT.: PHED COURSE NO.: 1106-81

NUMBER OF CREDITS: 2

COURSE TITLE: Psychology of Winning

CATALOG DESCRIPTION: Studies the basic principles of psychology related to success and motivation. Emphasizing 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.

AUDIENCE:

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

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: N/A

LENGTH OF COURSE: 1 Semester

THIS COURSE IS USUALLY OFFERED:

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT:
   1.) Teaching students about mental states and how they affect their health.
   2.) Students to learn how to set goals.
   3.) Students will learn how to use time management to organize themselves.
   4.) Students will understand and implement positive attitudes and the relationship with being successful.

2) THINKING SKILLS:
   1.) Students will have to organize and prioritize their personal goals and future
   2.) Programs will have long and short-term goals.
   3.) Time line objectives
   4.) Student will read and report on journal articles that relate to positive attitudes.

3) COMMUNICATIONS SKILLS:
   1.) Students will interact with each through online course
4) HUMAN DIVERSITY:
   1.) Programs to be implemented into daily lives
   2.) Programs designed according to real world work situations
   3.) Students to set up a goals and time management plans for themselves.

TOPICS TO BE COVERED: Goal setting, positive attitudes, time management, and the affects of negative attitudes have on their personal health. Techniques that can be used to keep positive direction in their overall lives.

LIST OF EXPECTED COURSE OUTCOMES: See above under goals.

LEARNING/TEACHING TECHNIQUES used in the course are:

- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)
- Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- Reading
- Tests
- Individual Projects
- Oral Presentations
- Worksheets
- Collaborative Projects
- Textbook Problems
- Papers
- Portfolio
- Group Problems
- Term Paper
- Other (describe below)

EXPECTED STUDENT LEARNING OUTCOMES:

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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