## DEPT. PHED  
### COURSE NUMBER: 1106

<table>
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<tr>
<th>NUMBER OF CREDITS: 2</th>
<th>Lecture: 2 Lab: 0 OJT: 0</th>
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### 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

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<tr>
<th>Outcome</th>
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<td>Develop and apply health, physical activity, and psychological principles as they relate to human performance.</td>
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<td>Explain the role of the brain in human performance and apply theories to human performance within diverse communities.</td>
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<td>Describe the major psychological theories used in sport psychology to explain athletic performance.</td>
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<td>Identify psychological factors that influence performance in sport, and techniques to increase performance and reduce anxiety.</td>
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<td>Describe and explain how physiological tendencies and physiology work together to improve or reduce athletic efficiency.</td>
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<td>Identify effective goal setting techniques and how to apply them</td>
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<td>Identify challenges/issues with involvement in sport such as; burnout, drug abuse, injury, and eating disorders.</td>
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<td>Describe and explain the social psychological aspects of performance such as coaching, teamwork, and other participants.</td>
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### Is this course part of a transfer pathway?

Yes ☐  No ☒

*If yes, please list the competencies below

Revised Date: 12/11/2020