Course Information Form (CIF)

Course Code: KIN 164

Course Title: Introduction to Sports and Exercise Psychology

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 31.0501
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Introduction to variables that affect motivation, goal setting, anxiety, and aggression in sports and exercise.

General Course Objectives

To acquaint students with the psychological aspects behind the competitive sports process with emphasis on the variables that affect motivation, goal setting, anxiety, aggression, and burnout in sports.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

6-10 graded module discussions, 6-10 module assignments, 6-10 module quizzes, 1 qualitative project, 1 quantitative project, and 1 student generated assessment.

Instructional Materials and Additional Supplies

Foundations of Sport and Exercise Psychology, Weinberg, 6th Edition; Human Kinetics.

Course Content

General Learning Outcomes (GLOs)

- Reasoning and Inquiry: Students will demonstrate the ability to solve problems using deductive reasoning and logic, quantitative reasoning, or the scientific method.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Introduction and Beginning of Your Journey	1. Demonstrate a basic understanding of the history of sport psychology, theories, and relevant definitions.	5	0	0
Learning About Participants	1. Analyze the different types of anxiety and the stress process, as well as how anxiety and arousal influence performance. 2. Apply principles of the Models of Achievement Motivation. 3. Identify major sources of stress that affect participants in sport and exercise.	6	0	0
Understanding Sports and Exercise Environments	1. Discuss and outline the effect competition and cooperation have on a person's behavior. 2. Analyze how feedback and reinforcement affect learning and performance.	6	0	0
Focusing on Group Processes	1. Compare and contrast how positive or negative group interaction, leadership, and communication affect performance in a physical activity setting.	6	0	0
Current Topics in Sports and Exercise Psychology	1. Evaluate various motives for sports participation and behaviors. 2. Plan intervention strategies and be able to apply those strategies to topics such as kids in sports, exercise adherence, drugs in sports, and team cohesion.	5	0	0
Improving Performance	1. Investigate psychological skills and techniques. 2. Implement effective skills and techniques with the goals of improving performance for individuals and teams or groups.	7	0	0
Enhancing Health and Well-Being	1. Describe the role that psychology plays in the pursuit of better health and increased fitness, including recovering from injuries. 2. Identify the signs of addictive and unhealthy behaviors, as well as the appropriate assistance that is required. 3. Appraise the negative effects of burnout and overtraining on performance.	6	0	0
Facilitating Psychological Growth and Development	1. Distinguish how psychological development and wellbeing occur as consequences of participation in sports and physical activity. 2. Develop strategies that will make participation in sports and exercise positive and reduce the incidences of aggression and violence within the environment.	4	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0