PSY340, Summer 2014

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| *Day* | *Topics* | *Associated Chapter(s) in Text* | *Article* | *Associated Project* | *Suggested Date for Data Collection* |
| **1** | Introduction to sport psychology  -History of sport psychology  -Research methods & statistics | 1 | -Ferguson, 2009 | N/A |  |
| **2-5** | Psychological skills training  -Concentration & attentional focus  -Association & dissociation  -Self-talk | 11 & 16 | -Stevinson & Biddle, 1998 | Performance project | Part I  (day 1)  Part II  (day 5) |
| -Arousal, stress, & anxiety | 4 & 12 | -Kerr & Leith, 1993 |
| -Imagery  -Self-confidence  -Peak performance & expertise | 13 & 14 | -Privette, 1983 |
| **6** | Memorial Day Holiday |  |  |  |  |
| **7-11** | -Exercise terminology  -Motivation terminology  -Theories: Implicit theories, Self-determination theory, Expectancy X value, Goal theory, Implementation intentions, Self-efficacy, Psychological skills (PST), Strategy-efficacy  -Meta-cognition  -Attribution theory, Help seeking, Essential self-regulation model  -Transtheoretical model | 3, 6, 15, & 18 | -Duncan, Hall, Wilson, & Jenny, 2010  -Hamilton & White, 2010 | N/A |  |
| **12** | -Psychological outcomes and exercise:  -Anxiety & depression  -Self-esteem & cognitive functioning | 17 | -Niven, Rendell, & Chisholm, 2008 | Psychological Benefits project | Between days 6 & 9 |
| **13** | Problem Behaviors  -Exercise addiction  -Injury  -Substance abuse | 19 & 20 |  | N/A |  |
| **14** | -Aggression  -Character development | 23 & 24 | -Bredemeier & Shields (2006) |
| **15** | -Youth sport participation (motives, stress & burnout, coaches, and parents) | 22 & 21 | -Wiersma & Sherman (2005) |