Day/ Time: T/R 12:00-1:15 pm  
Location: Bull Run Hall 247  
Professor: Mary Schumann, Ph.D.  
Phone Number: 703-585-3281 or 703-716-4644  
E-mail: mschuma1@gmu.edu or mfschumann@aol.com  
Office hours: Th 1:15-2:00 pm or by arrangement  
Office: Aquia Bldg, Rm 337 (can meet at PWC also)  

Prerequisites: None  

Course Description:  
This course will review the major social/psychological theories utilized in current sport psychology research. The practical applications of these theoretical constructs will be emphasized through discussion of techniques used to maximize participation and healthy behavior in sport.  

Course Overview  
The course will be presented in three components. The first section will introduce major social/psychological theories that explain sport behaviors. Motivation, learning principles as they affect coaching, self-efficacy and communication are examples of constructs that will be explored. The second section of the course will discuss intervention strategies and techniques. This will emphasize the practical applications of sport psychology such as mental training, goal setting and imagery. In the final section of the course issues such as injury, staleness and burnout, and findings from exercise psychology. Throughout all of this theoretical information, experiential exercises will be woven into each class, to teach and demonstrate the power of using the mind to control the body.  

Course Objectives  
At the completion of this course the students should be able to:  
1. Identify and explain major theoretical frameworks used in sport psychology research, specifically the application of mindfulness to the improvement of human performance.  
2. Critically evaluate current research.  
4. Employ a number of methods using mindfulness to increase awareness and attention.  
5. Conduct an applied research project utilizing a theoretical framework and a quasi-experimental design.  

Required Readings  
2. Online postings on blackboard.  

Evaluation:  
Students are held to the standards of the George Mason University honor code. You are expected to attend all class sections, actively participate in class discussion, and fulfill assignments. Assignments must be turned in at the beginning of class on the specified due date or no credit will be given. Only students with emergencies, documented medical excuses, or University sponsored functions (discussed with the professor in advance) will be considered for exception. Please see the professor for individual clarifications. All written work must be typed and follow APA guidelines. It is recommended that students make copies of all submitted work.  

PLEASE be PRESENT—this means no texting, emailing or facebook during class. If you have a situation in which you must be available (emergency) please see me before class. 20% of your grade is based on participation.
Requirements:

1. Participation grades will be based on active, thoughtful participation in class discussions and exercises, as well as online written entries to queries about some of the exercises done in class. These entries will not be lengthy, but are there to solicit honest feedback about what you learned in doing the exercises.

2. There are 2 papers. One is a journal article review papers and will consist of a 2 to 3 page, typed paper related to the current topics being discussed. The paper should include a brief summary of the article and a discussion of a theoretical construct discussed in the readings or in class and your personal experience or reaction to this idea. Journals should be current. There is also a movie analysis paper which will be described in more detail in this document.

3. The final project will consist of the application of a psychological intervention to a specific problem an athlete is struggling with. The study will be written up and presented in class.

4. Two exams will be administered. The format of the exams will be multiple choice, short answer and essay response.

5. This course will be graded on a point system, with a total of 100 possible points.

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<tr>
<th>Requirements</th>
<th>Points</th>
<th>Grading Scale</th>
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<tr>
<td>Participation</td>
<td>20</td>
<td>A+ = 98 -100, A = 94 -97, A- = 90 - 93</td>
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<tr>
<td>Assignments (2)</td>
<td>15</td>
<td>B + = 88 - 89, B = 84 - 87, B- = 80 - 83</td>
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<tr>
<td>Project</td>
<td>25</td>
<td>C + = 78 - 79, C = 74 – 77, C- = 70 –73</td>
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<tr>
<td>Exams (2)</td>
<td>40</td>
<td>D = 60 - 69</td>
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Date | Topic | Reading / Assignment Due | Practice:
--- | --- | --- | ---
August 28 | Introduction | mindful eating | 5 minute breathing
30 | Sport Psychology | Ch. 1 |
Sept. 4 | Motor skill learning | Ch. 2 | chip a ball
6 | Reinforcement | Ch. 3 | body scan
11 | Motivation | Ch. 4 | Paper # 1 Using intention
13 | Self-fulfilling Prophecy | Ch. 5 | negative thoughts
18 | Leadership | Ch. 6 | 5 min breath
20 | Group Cohesion | Ch. 7 | what kind of leader
27 | Project discussion, Peak Performance | Ch. 9 | concentration (not on Exam 1)
Oct. 2 | Exam # 1 | |
4 | Increasing Awareness | Ch. 10 | letting go of tension
9 | NO CLASS - COLUMBUS DAY break | |
11 | Goal Setting | Ch. 11 | Paper #2 contemplate a goal
16 | Arousal & performance | Ch. 12 | sing & heart rate
18 | Relaxation and Energizing Techniques | Ch. 13 | relaxation exercise
23 | Movie | |
25 | Using Cognitive Interventions | Ch. 15 | self-talk
30 | Concentration | Ch. 16 | focus exercise
Nov. 1 | Implementing a Psych Skills Training Program | Ch. 17 |
6 | |
8 | Injury | Ch. 23 |
13 | Staleness & burnout | Ch. 22 |
15 | Exercise psychology | Ch. 25 |
20 | Exam # 2 | |
22 | NO CLASS - THANKSGIVING | |
27 | Projects | |
29 | Projects | |
Dec 4 | Projects | |
6 | Projects – | |
13 | Projects - Class during exam block | 10:30 – 1:15 |
Other Information

• All students are held to the standards of the George Mason University Honor Code.
• Students with disabilities: students having documentation on file with the Disability Support Services Office should bring this to the attention of the professor.
• The department’s website is:
  http://www.gmu.edu/departments/hfrr/HFRRNetAnnouncements.htm

Journal Article Review Paper: Choose a topic of interest that relates to subjects covered in the class. Choose an article from one of the following journals and write a brief summary of the findings of the study/article, discuss how it relates to class topics and why you are interested in this topic. Be critical of the research or findings…..do the conclusions drawn make sense? Was it a good study and why? How could it be better?

Sport Specific Journals:

• ACSM's Health and Fitness Journal - http://www.acsm-healthfitness.org/
• Adapted Physical Activity Quarterly - http://www.humankinetics.com/products/journals/journal.cfm?id=APAQ
• Athletic Insight – http://www.athleticinsight.com/
• Journal of Applied Sport Psychology - http://www.tandf.co.uk/journals/tf/10413200.html

Movie Analysis Paper

The purpose of this exercise is to have you apply what you have learned in this class as it relates to the psychology of sport as found in the movie you have chosen to see. Please discuss some of the psychological skills that have been covered in this class that are seen in the movie. The paper should be two to three pages in length. The movie must be one that deals with sports. You need to see the entire movie, while noting the various psychological aspects as seen in the movie (motivation, leadership, etc.). The following list of movies, while not complete, would prove to be acceptable. If you would like to review a different film, please run it by me.

Rocky      Blue Chips
Million Dollar Baby     A League of Their Own
Remember the Titans     Chariots of Fire
The Natural     Bull Durham
Rudy     The Rookie
Hoosiers     Miracle
Coach Carter

What your analysis should include:
Introduction to the movie
A. Why you picked it
B. The movie’s plot
II The psychological skills addressed
III Conclusion
FINAL PROJECT: MENTAL TRAINING PROGRAM

Get a taste of what it might be like to be a Sport Psychologist. The text discusses many psychological training methods that are typically used to improve performance. Pick a chapter in our text’s *Part Two Mental Training for Performance Enhancement* or a chapter in *Part Three: Implementing Training Programs* and create a unique training program. Use the training program on another person (client).

Your program should be focused on at least two psychological skills (e.g., Arousal Regulation, Imagery, et cetera). Your program must conform to the following requirements:

You may only work with someone that you know.

- You must submit your program to me at least one week before you intend to start working with the person. You may not begin the program until I have approved your techniques.
- Your program must be based on the techniques discussed in our text OR learning in class (mindfulness exercises for example)
- Your program should span 6 to 8 weeks and should include at least one meeting with you and your client each week. During these meetings you should work on the psychological skills, but also seek feedback on the effectiveness of your program from your client. You should include some measure of how well the program works (can be a crude measure or rating scale).
- Your written report must include:
  - An introduction that includes background information (e.g., a short bio of your person, your reason for selecting the particular psychological skills that you did, your reason for selecting this particular person, what you hoped to achieve by doing the program with this person, et cetera),
  - A body in which you give a detailed account of your procedures and techniques
  - A conclusion in which you reflect on the program, telling what you learned, an exit interview with your client in which they give their reaction to your program, and lastly you should give an objective evaluation of your client (e.g., What do they do well? Poorly?).
- Your written report should be between 7 to 9 double-spaced typed pages.
- You should provide your client a copy of your final report; also, you will present your findings from your project to the class at the end of the semester.