

EDMA 251 Mental Edge: Applied Sports Psychology for Coaches

Course Dates:

Instructor: Aaron Quinn Ph.D.

Phone: 515-865-2986

Virtual Office Hours: I will be available through email communication or you can text my phone.

Course Description:

The Mental Edge: Applied Sports Psychology for Coaches is the study and application of psychological strategies specifically designed to help athletes improve learning and performance. Students in this course will investigate human behavior patterns in sports between weeks one and four. In weeks five and six, students will study the techniques of coaching a specific sport of your choice. In weeks seven and eight, students will apply psychological training strategies to the sport selected. This process involves the understanding and use of many psychological tools. The effective application of these tools requires both practice and integration with your knowledge of specific skill instruction. Tools such as goal-setting, behavior modification, stress management, and effective auto-suggestion make up the psychological “building blocks” of peak performance. Learning and achievement require an understanding of how these tools work in harmony with physical skill training. Here, you will learn to apply a Psychological Skills Training (PST) program to your sport of choice.

This course will be delivered online using the Blackboard learning management system and will be broken down into several components of study/analysis:

1. Text readings from *Foundations of Sport and Exercise Psychology*
2. Various video and website supplements
3. Personal reflection applying your own sport psychological experiences to course content
4. Interaction with your peers and instructor
5. Activities and assignments that allow you to apply what you have learned in your coaching setting

Required Textbook:

Weinberg, R., and Gould, D. (2018). *Foundations of sport and exercise psychology*, 7th ed. Champaign, IL: Human Kinetics.
ISBN: 978-1-4925-6114-9

Course Objectives:

1. Analyze the relationship between learning and motivation.
2. Analyze how Cognitive Mediation Theory explains the relationship between self-efficacy and motivation.
3. Apply Behavior Modification, including the shaping of actions using a comprehensive goal-setting program for individuals and teams.
4. Create solutions to challenges sport participants experience managing energy control with progressive muscle relaxation and systematic desensitization strategies.
5. Create a psychological skills training program.

You are encouraged to follow this sequence in using course materials:

1. Review the objectives for each module.
2. View the corresponding videos and read the assigned text readings (if applicable), taking detailed notes on each presentation.
3. Complete the corresponding activities and assignments for each module. Be sure to check for interim due dates related to small group work within each module as well as the final due date for each module.

Activities and Assignments are based on applying theory and ideas to your specific coaching experiences. These will require you to apply the knowledge

obtained from each module to your personal ideas as a coach in the use of psychological tools.

**PLEASE PROOFREAD ALL OF YOUR ASSIGNMENTS CAREFULLY
BEFORE SUBMITTING VIA BLACKBOARD!**

Be sure to save a complete copy of your finished coursework for your own record on your computer before submitting each for grading. All assignments must include documentation. Remember, all in-text documentation and end references must be in APA format. For assistance with APA Guidelines, visit <https://owl.english.purdue.edu/owl/>

Module 1 Activities/Assignments

Attention Blog	10 points
Motivation Wiki	15 points
Action Plan Assignment	20 points

Module 2 Activities/Assignments

Stress Management Blog	10 points
Stress/Anxiety Journal	15 points
Anxiety/Stress Assignment	20 points

Module 3 Activities/Assignments

Confidence Blog	10 points
Coach Influence Journal	15 points
Talent Management Assignment	20 points

Module 4 Activities/Assignments

Goal-setting Blog	10 points
Sport Specific Case Study Wiki	15 points
Behavior Modification Assignment	20 points

Modules 5 and 6 Activities/Assignments

All activities/assignments in both modules	115 points
Sport Specific Blogs	(Varies)
Sport Specific Journals	(Varies)
Sport Specific Wikis	(Varies)
Sport Specific Assignments	(Varies)

Module 7 Activities/Assignments

Pre-performance Blog	10 points
Self-talk Journal	15 points
Imagery Training Assignment	20 points

Module 8 Activities/Assignments

PST Blog	10 points
Psychological Skills Training Comprehensive Assignment: Tying it all together	100 points

Evaluation Criteria: Your work will be graded based on your ability to accurately reflect on the presentations of *The Mental Edge: Applied Sports*

Psychology for Coaches, and to apply those concepts to your specific needs and resources. Points are awarded based on your ability to:

- Respond with insight, clarity and precision (cite specific text/video passages)
- Respond in relevant illustrative detail (include specific, observable examples)
- Write competently at the graduate level (word-processed, proofread document, APA Format with appropriate citations and end references)

The eight modules for *The Mental Edge: Applied Sports Psychology for Coaches* are worth a total of 450 points. Your final letter grade corresponds with the following percentages of total points earned:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% and lower

Accommodations Clause: If you need course adaptations because of a disability, have emergency medical needs, or require special arrangements to complete this course, please notify the instructor right away.

Statement of Plagiarism:

The penalty for plagiarism, cheating, and other forms of academic dishonesty will vary from incident to incident, depending upon the scope and magnitude of the offense and the circumstances in which it occurred. Give credit where credit is due. Consult the SOE Governance, Appendix II, Page 30 for definitions and additional policies regarding plagiarism, cheating, academic dishonesty, and the appeal process at the following link:
http://www.drake.edu/media/collegesschools/soe/documents/soe_governance_%209222015.pdf

Accommodations Clause:

If you have a disability and will require academic accommodations in this course, please contact your instructor at the beginning of the course or prior to the first official day of class. Accommodations are coordinated by Michelle Laughlin. Jean Hansen may assist as well. Their contact information is listed below:

Michelle Laughlin

Director of Student Disability Services

(515) 271-1835

michelle.laughlin@drake.edu

Jean Hansen

School of Education

Senior Online Instructional Designer

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jean.hansen@drake.edu

Again, please be sure to make arrangements for accommodations prior to the start or at the beginning of the course.