

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of change:** New Course

Department(s)	Exercise Sciences and Recreation
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Exercise Science
Course Prefix & Number	EXS 365
Course Title	Psychology of Sport
Description	Theories, concepts, and intervention techniques of sport psychology. Topics covered may include motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and burnout in sport.
Pre/ Co Requisites	EXS 265 or Departmental Permission
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **Rationale:**

The psychological aspects of sport can have a major influence on performance; as such, practitioners in the field of exercise who work with athletes must be aware of the underlying psychological factors and interventions that can be employed in this regard to optimize fitness-related outcomes.

4. **Learning Outcomes (By the end of the course students will be expected to):**

- Identify and explain major theoretical frameworks used in sport psychology research.
- Describe causal mechanisms of the major psychological theories that have been employed to study human behavior in the context of sport.
- Demonstrate an ability to apply theoretical knowledge to encounter challenges commonly associated with sport and physical activity.
- Critically evaluate social and psychological research and discuss its application to practical settings.
- Discuss appropriate intervention strategies for sport performance enhancement.

5. **Date of Departmental Approval:** 1/30/2024