



Florida State University
College of Education
Sport Management Program

APK 5121 Sport Psychology for Coaches (3 credit hours)

This is an introductory course in sport psychology. It presents the fundamental theoretical and practical knowledge needed in coaching of various sports. The focus is on critical thinking and application of scientific findings in coaching. Upon completion of the course the student is expected to proficiently meet the following objectives:

1. Understand the relationship between psychological perspectives and sportive activities. Specifically, the identification of various perspectives of sport psychology, in terms of goals, personality theories, models used and applied techniques.
2. Understand current theoretical concepts in sport psychology.
3. Demonstrate a critical understanding of the current sport psychology literature.
4. Become familiar with the basic characteristics of applied sport psychology.
5. Learn potential practical applications to improve coaching and training skills.
6. Interact with fellow students through the discussion board in order to generate discussions and create shared notions regarding "unique" sport psychology topics such as *talent*, *zone*, *sportsmanship*, and so on.
7. Produce papers of academic quality regarding conceptual frameworks and theoretical models, based on existing literature.