

Code	10322		
Class name	Sport psychology		
Semester	1st	Lecture target	1
Unit Classification	Elective compulsory	Unit count	2
Charge teacher	Y.Okazaki		
Category	Professional education subjects		
Class style	Lecture		
Class time	Tue/2		
NO.	Ca11136w、Cb11143w、Cd11159w		

Professional career-experienced <input type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input checked="" type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
Sport psychology is a field of sports science that provides the scientific basis for exercise and sports practices and teaching methods.In this lecture, we will explain the cognitive / reaction and skill guidance, motivation, and structure of sports groups in exercise / sports while introducing typical theories and models.
Class plan
1. Introduction 2.Psychological skills required for athletes 3.How to motivate 4.How to create a good tension 5.How to improve your concentration 6.How to increase self-confidence 7.Judgment and prediction 8.Pre-competition psychological preparation and post-competition evaluation 9.About the psychological factors necessary for team building 10.What kind of guidance should be given in competitive sports 11.Psychological challenges for acquiring sports skills

12.About Health Sport Psychology
13.Can Exercise / Sports Improve Mental Health?
14.Intervention guidance in health sports
15.General overview
Conduct regular tests
Grading method
<ul style="list-style-type: none"> • Explain the psychological skills required of athletes • Be able to explain the theory of motor learning concretely • Explain sports skills instruction based on the learner's personal conditions and skill characteristics • Explain the difference between intrinsic and extrinsic motivation • Explain the importance of goal setting, leadership and followership regarding the structure and function of sports groups
Assigned books
<ul style="list-style-type: none"> • Sport psychology as a culture, M.Tokunaga • Well-understood sports psychology, S.Nakagomi
Classroom equipment
<ul style="list-style-type: none"> • projector • speaker
Advice on preparation and review
<ul style="list-style-type: none"> • preparation : Find out in advance about the content related to the lesson theme (About 15 minutes) • review:Check handouts and lesson content (About 15 minutes)
Class rules
<ul style="list-style-type: none"> • Elective compulsory subjects for those who have taken the teaching profession • Qualification for acquiring a sports leader certified by the Japan Sports Association
Grading Criteria
Your overall grade in the class will be decided based on the following: <ul style="list-style-type: none"> • knowledge : 60% • Thinking power : 40%
Feedback method
<ul style="list-style-type: none"> • Submissions will be returned with comments
Note
<ul style="list-style-type: none"> • Learn about the importance of the mind in sports activities in this class.
Office hour
<ul style="list-style-type: none"> • Tuesday 1st • Thursday 3rd
Improvements from the results of the previous year's class evaluation questionnaire
<ul style="list-style-type: none"> • At the beginning of each lesson, we will review the previous lesson.

