

Sample Proposal to Teach Sport Psychology

Proposed Class

Sport and Performance Psychology (Sport Psych)

What is it?

Sport Psychology is a vibrant branch of the larger psychological discipline. It is that branch of psychology which deals with the study and application of the psychological principles that enhance athletic performance.

Course Goals

- Improve actual performance by effectively applying sport psychology principles in a performance context
- Improve quality of life by effectively applying sport psychology principles in all areas of life
- Generate interest in pursuing a career in sport psychology

What will be taught?

This class will cover a wide range of topics and skills that improve sport performance including the following list. The focus will be on the application of these principles:

- Mental Toughness
- Confidence
- Focus
- Motivation
- Goal Setting
- Visualization
- The Power of Positive Attitude
- The Power of Relaxation
- Stress Management
- Team Harmony
- Leadership
- Emotional Control
- Overcoming Fear & “Choking”
- Avoiding Burnout
- Intensity
- The NCAA Clearinghouse
- Good Sportsmanship

Who can take the class?

This class will be open for all students to take. Although the primary targets are athletes and participants in other performance based activities (cheer, music, dance, etc.), any student can take it and will find the information to be life-enhancing.

How will it benefit the school?

There exists a great interest the school’s students and faculty for a class such as this. (See the attached results of a student interest survey.) In addition to benefiting the school’s athletic program, this class will also help to diversify our course offering. This is a class that is typically only offered in college. By making it available in our school, we will be pioneers, at the leading edge of its introduction into the high school level.

Find more at:

www.SportPsychSchool.com