

ARIZONA WESTERN COLLEGE
SYLLABUS

PEM 115 MENTAL CONDITIONING FOR SPORTS
Credit Hours: 3 Lec2 Lab2

PREREQUISITE: None

COURSE DESCRIPTION

Develop fundamental mental skills necessary for an athlete to move more successfully through their sport.

1. COURSE GOAL

This course provides students with information and techniques to build mental conditioning skills needed for greater success as an athlete

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Identify how to maintain balance and perspective and understand attitude is a choice
- 2.2 Understand how to stay motivated through difficult tasks and times even when rewards are not immediately forthcoming
- 2.3 Realize and set measurable short term, time oriented, specific goals and maintain a commitment to them
- 2.4 Explain the larger system of people in their athletic system and demonstrate the skills necessary for dealing with conflict and difficult, negative or oppositional people
- 2.5 Recognize self-talk as a powerful tool to regulate thoughts and behaviors during competition
- 2.6 Demonstrate how to effectively use mental imagery to prepare for competition
- 2.7 Determine how to reduce anxiety without losing intensity
- 2.8 Explain how effective managing emotions can be to improve their performance and prevent interference
- 2.9 Demonstrate the power of focus and concentration

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Observation
- 3.3 Class Activities
- 3.4 Audiovisual Presentations

4. LEARNING ACTIVITIES

- 4.1 Participations
- 4.2 Team Building Activities
- 4.3 Strategy Development

5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or looseleaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
- For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
- Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction
 - Attending a study group that is assigned by the school
 - Participating in an online discussion about academic matters
 - Initiating contact with a faculty member to ask a question about the academic subject studied in the course