

Sport & Exercise Psychology Topic Guide ~ Kinesiology 468 Assessment Exam

Introduction – Professional Issues:

- Interdisciplinary background
- Clinical versus education sport psychology

Motivation:

- Achievement motivation (definition and developmental stages)
- Goal orientation theory
- Attribution theory
- Self-serving bias
- Intrinsic motivation
- Cognitive Evaluation Theory

Anxiety:

- Arousal versus anxiety (definitions and symptoms)
- Traits and states
- Cognitive and somatic anxiety
- Anxiety and performance
- Drive Theory, Inverted-U Theory, Zones of Optimal Functioning, Multidimensional Theory, Catastrophe Theory
- Stress Process Model

Self-Confidence

- Self-confidence, self-efficacy, and self-esteem
- Placebos and Expectations
- Sources of confidence
- Confidence-expectation cycle

Team Dynamics & Cohesion:

- Stages of group development
- Roles and norms
- Social loafing
- Task and social cohesion
- Factors influencing cohesion (environmental, personal, leadership, and team)
- Cohesion and performance
- Exercise groups and cohesion

Exercise Behavior and Motivation

- Psychological benefits of exercise (and physiological and psychological explanations for these benefits)
- Exercise addiction
- Sociocultural aspects of exercise
- Motives for exercise behavior
- Barriers to exercise behavior
- Exercise adherence models
- Determinants of exercise behavior (personal and environmental)
- Enhancing exercise motivation