



Psychological Skills for High School Coaches

Course Syllabus

Course Description

Psychological skills are an underutilized repertoire of skills that can be used to enhance personal and athletic performance. This class will teach high school coaches what psychological skills are, how they can embed them within their coaching, and how those skills can transfer to students and personal achievement for their athletes. After taking this course, coaches will have a better understanding of: 1) What psychological skills are and how they work, 2) Agents of behavioral change (self-efficacy), 3) Cognitive mechanisms of performance enhancement, 4) Real-world applications of psychological skills to the coaching profession.

Course Objectives

At the end of this course you should be able to:

1. Better understand the overall functions and purpose of psychological skills.
2. Understand the underpinnings of learning greatness.
3. Develop a deep understanding of behavioral change.
4. Gain a deep understanding of an agent of behavioral change.
5. Gain a deeper understanding of an agent of behavioral change.
6. Understand an agent of behavioral change as it applies to coaching.
7. Understand how regulating emotions leads to better performance outcomes.
8. Understand the variety of ways in which psychological skills can be embedded into a coaching philosophy.

Modules

- Module 1: Introduction to Psychological Skills: An Overview, Quiz 1
- Module 2: Self-Efficacy: An Agent of Behavioral Change, Quiz 2
- Module 3: Self-Efficacy: Vicarious Experience, Quiz 3
- Module 4: Self-Efficacy: Verbal Persuasion, Quiz 4
- Module 5: Self-Efficacy: Emotional Arousal, Quiz 5
- Module 6: Self-Efficacy: Performance Accomplishments, Quiz 6
- Module 7: Cognitive Reappraisal, Quiz 7
- Module 8: Psychological Skills Applications, Quiz 8

Grading:

Each quiz must be passed at an 80% or higher (retakes allowed).



Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course.