

University of Montana

ScholarWorks at University of Montana

Syllabi

Course Syllabi

Fall 9-1-2001

HHP 270.01: Principles of Optimal Performance

Lew Curry

University of Montana, Missoula

Follow this and additional works at: <https://scholarworks.umt.edu/syllabi>

Let us know how access to this document benefits you.

Recommended Citation

Curry, Lew, "HHP 270.01: Principles of Optimal Performance" (2001). *Syllabi*. 6081.

<https://scholarworks.umt.edu/syllabi/6081>

This Syllabus is brought to you for free and open access by the Course Syllabi at ScholarWorks at University of Montana. It has been accepted for inclusion in Syllabi by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.

Professor: Dr. Lew Curry

Office: McGill 210

Office Hrs: By Appointment (call x5242); or, Sign-up for an Open Time at my Office Door

Course Introduction: This course is designed to enhance individual performance in sport, school and life activities. Specific to academic, athletic, and social challenges faced by today's college student and athletes—the purpose of this course is to increase awareness of possible pathways to excelled performance in school and sport, and to enjoyment and well-being in life. The overall goal of this course is best stated by the old cliché: "Give someone fish and you feed them for a day, teach someone how to fish and you feed them for a lifetime." Our goal is to introduce a variety of techniques and strategies from which an individual can choose for himself or herself how best to meet life's challenges today and throughout a lifetime.

Course Content: Life-skills and sport performance topics are focused into two (2) major areas of emphasis:

- (1) Sport Performance Enhancement Education:** peak performance, flow, and performing "in the zone"; graphing excelled performance; big game, choking, and slump intervention strategies; imagery, visualization, and performance rehearsal; pre-performance routines; patterns of motivation; composition of confidence; role of mission, goal-setting, and self-efficacy.
- (2) Life-Skills Education:** role of choice; self-esteem issues; recreational alcohol and drug use; performance enhancement drug use; problem solving & decision making; positive coping strategies; time management; stress management; whole person approach to enjoyment and well-being.

Text: FacPac titled, Peak Performance Handbook for Athletes

Course Requirements:

I. Classroom Assignments: (200 points)

Ten homework assignments (20 points each) will be given and will be due at a specified time (see FacPac for checklist)

II. Classroom Tests: (100 points)

Mid-term Test (50 Points) (date to be announced – exam on content covered from beginning)

Final Exam (50 Points) (date to be announced – exam on content covered since midterm)

III. Attendance:

One Unexcused Absence – Drop 20 Points

Two Unexcused Absences – Drop One Letter Grade (after dropping 20 Points!)

Three Unexcused Absences – Fail Course or Drop Class, Passing (WP)

Four Unexcused Absences – Fail Course or Drop Class, Failing (WF)

Grading: You will need 90% of the available points for an "A," 80-89.99% for a "B," 70-79.99% for a "C," 60-69.99% for a "D," and below 60% is an "F."

<u>Points</u>	<u>Grade</u>
270-300	A
240-269	B
210-239	C
180-209	D
Below 180	F

Class Attendance:

Unexcused absences are not allowed! Any missed class must be approved by your graduate student group leader prior to that class period—unless some extreme circumstance exists. A class missed for unexcused reasons cannot be made up. Consider participation in this class as participation in your sport—simply do not risk the penalty for not showing up. As you would not think of skipping practice or a skipping a game, do not skip this class.