

University of Montana

ScholarWorks at University of Montana

Syllabi

Course Syllabi

Fall 9-1-2001

HHP 523.01: Case Studies - Performance Psychology

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 523.01: Case Studies - Performance Psychology" (2001). *Syllabi*. 6061.

<https://scholarworks.umt.edu/syllabi/6061>

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.

**HHP 523 – Case Studies
Performance Psychology**

FALL Semester 2001
2:10 to 3:00 PM Mon/Wed
Office – 210 McGill

Professor: Dr. Lew Curry

Office: McGill 210

Office Hrs: By Appointment (call X-5242); or, Sign-up for an Open Time at my Office Door

Course Introduction: This course is designed to serve as a “laboratory” course on applications of sport psychology intervention strategies. The focus is on individual case studies of successful and unsuccessful intervention scenarios. From the perspective of a variety of professional orientations, a variety of case studies will be reviewed with the advantages and disadvantages of various intervention strategies being discussed.

Text: None

Assignments: ONE: Each student will present two case studies following the format provided (50 points each). TWO: Each student will create two videos of a one-on-one intervention—once as the athlete, and once as the counselor (100 points). THREE: Each student will participate in the Optimal Performance Class (or equivalent) and share experiences with other class members (100 points). Therefore, there are 300 total points for this class.

Grading: You will need 90% of the available points for an "A," 80-89.99% for a "B," 70-79.99% for a "C," and below 60% is an “F.” (270-300 = A; 240-269 = B; 210-239 = C; Below 210 = F)

TWO CASE STUDY ASSIGNMENTS

1. Case study write-ups must be completed. Follow my example and see me before class to make enough copies for every class member.
2. Content must be divided into three clearly marked sections – Section One on a separate piece of paper. Section Two and Three can be on the same page(s). The three sections must address the following:

Section One: Introduction

Provide information as to background, current issues, and assumptions so the case can be fully discussed. At the end, ask what should be done from a sport psychology perspective.

Section Two: Results of the Case Study

Provide information as to what the professional, who originally presented the case study, did to help the individual or team. Present the author’s comments on the effectiveness of the intervention.

Section Three: Your Opinion of the Intervention Strategy

Give us your opinion of the intervention strategy – Criticize and/or praise the professional’s decisions (what was missed, what was profound, what you might suggest be done differently from a sport psychologist perspective).

VIDEO TAPE ASSIGNMENT

1. Do not start taping until after November 1st.
2. A video presentation must be completed utilizing a hypothetical case study format. You must participate once as a client, and once as a counselor. You cannot be with the same person for both sessions.
3. The video must be approximately 15 minutes in length, but may vary greatly.
 - A. Role of Athlete: (a) have a specific problem you need help with; (b) fully develop the environment in terms of sport, point of career, relationships, goals, etc.; (c) can have some underlying issues normal in a fully developed personality; (d) remember, this is hypothetical, but can have elements of a problem you have faced in the past—be convincing and consistent in your role!
 - B. Role of Counselor: To be presented in early classes

DATES AND SCHEDULE

M-Sept 3 No Class	M-Oct 8	M-Nov 12 No Class
W-Sept 5 Lew	W-Oct 10	W- Nov 14
_____	_____	_____
M-Sept 10 Lew	M-Oct 15	M-Nov 19 No Class
W-Sept 12 Lew	W-Oct 17	W-Nov 21 No Class
_____	_____	_____
M-Sept 17 Lew	M-Oct 22	M-Nov 26
W-Sept 19 Lew	W-Oct 24	W-Nov 28
_____	_____	_____
M-Sept 24	M-Oct 29	M-Dec 3
W-Sept 26	W-Oct 31	W-Dec 5
_____	_____	_____
M-Oct 1 No Class	M-Nov 5	M-Dec 10
W-Oct 3 No Class	W-Nov 7	

Wed-Dec 12