



Name: Anna Luci Wymer

Submission Date: 10/2/2014



Organization: Admin Affairs & Graduate Education

**Course Catalog Update**

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Course Catalog Update Information:

STU0004

Reference Number: CCU007386

Date: 08-JUL-14

Level: 2.00 of 2.00

Currently On The Worklist Of: Catherine Hackney, chackne1

Owner: Office of Curriculum Services, 330-672-8558 or 330-672-8559, curriculum@kent.edu

<b>Basic Course Data</b>		
<b>Change type:</b> Establish		
<b>Faculty member submitting this proposal:</b> Walter E. Davis		
<b>Requested Effective Term:</b> 201580		
<b>Campus:</b> Kent		
<b>College:</b> EH-Education, Health and Human Services		
<b>Department:</b> FLA-Foundations, Leadership and Administration		
<b>Course Subject:</b> SRM-Sport and Recreation Management		
<b>Course Number:</b> 55033		
<b>Course Title:</b> Change Your Mind, Game and Life		
<b>Title Abbreviation:</b> Change Your Mind/Game/Life		
<b>Slash Course and Cross-list Information:</b> SPAD 45033 + SRM 55033		
<b>Credit Hours</b>		
<b>Minimum Credit/Maximum Credit:</b> 1 to 1		
<b>Contact Hours: Lecture - Minimum Hours/Maximum Hours:</b> 1 to 1		
<b>Contact Hours: Lab - Minimum Hours/Maximum Hours:</b>		
<b>Contact Hours: Other - Minimum Hours/Maximum Hours:</b>		
<b>Attributes</b>		
<b>Is this course part of the LER, WIC or Diversity requirements:</b> No		
<b>If yes, course attributes:</b> 1. 2. 3.		
<b>Can this course be repeated for credit:</b> No Repeat	<b>Course Limit:</b>	<b>OR Maximum Hours:</b>
<b>Course Level:</b> Graduate	<b>Grade Rule:</b> B-Standard letter	
<b>Rationale for an IP grade request for this course (if applicable):</b>		
<b>Schedule Type(s):</b> 1. LEC-Lecture 2. 3.		
<b>Credit by Exam:</b> N-Credit by exam-not approved		
<b>Prerequisites &amp; Descriptions</b>		
<b>Current Prerequisite/Corequisite/Catalog Description:</b>		
<b>Catalog Description (edited):</b> The course focuses on mental training to enhance sport performance and also it provides personal growth experiences that impact all of life. The course is designed to assist students in tapping into their inner potential by refocusing their mind. It teaches students that they are responsible for their own life experiences. Students learn that the things they want most in their lives are found within themselves and that they can take responsibility for their upsets.		
<b>Prerequisites (edited):</b> Graduate standing		
<b>Corequisites (edited):</b> None		
<b>Registration is by special approval only:</b> No		
<b>Content Information</b>		
<b>Content Outline:</b>		
Content Hours per Course Topic	Topic Description	
3	Introduction: approach, procedures, expectations and responsibility.	

3	Who Are You Really? - where do you find your happiness and your upsets; being in the "Zone;" having an "Inner Guide" whose only purpose is leading you to your happiness.
3	The Power of Your Mind - the incredible power of thought, emotions and beliefs; your core beliefs and how they produce your life; scientific evidence of the unlimited possibilities for your life.
3	Tools and Techniques for Freeing Your Mind - letting your thoughts and beliefs serve you; finding your power in the moment; staying focused; maintaining inner peace and happiness.
3	Taking Responsibility for Your Life - releasing the fears and doubts; breaking the behavior cycle of victimhood; having the ability to respond; having a game of excelling and discovery.
<a href="#">Display/Hide Delimited Course Outline</a>	
<b>Total Contact Hours:</b> 15	
<b>Textbook(s) used in this course:</b> None	
<b>Writing Expectations:</b> worksheets, brief reports, pre-class questions; graduate students have additional worksheets and personal growth exercises assigned to them	
<b>Instructor(s) expected to teach:</b> Davis or other SPAD faculty	
<b>Instructor(s) contributing to content:</b> Dr. Walter E. Davis	
<b>Proposal Summary</b>	
<b>Explain the purpose for this proposal:</b>	
<p>The purpose of this proposal is to establish a new undergraduate-graduate course in sport psychology to be offered as an elective for student athletes, coaches and others who have an interest in these areas of study and profession. The course is unique because it is focused in mental training to enhance sport performance and also it provides personal growth experiences that impact all of life. The course is designed to assist students in tapping into their inner potential by refocusing their mind. It teaches students that they are responsible for their own life experiences. Students learn that the things they want most in their lives are found within themselves and that they can take responsibility for their upsets.</p> <p>Learning Outcomes: 1. Students will learn to discipline their mind using a variety of tools and techniques. Included are: Introspection, self inventory, self-examination of beliefs without judgment, breathing exercises, meditation, imagery and visualization, exercises in focusing and being in the present moment, and by using routines, daily habits and reminders. 2. Students will learn that what they want more than anything - love, peace of mind and happiness - comes from inside of them. 3. Students will learn to develop a greater sense of awareness of both their outer world and inner world through meditation and by practicing being an objective observer. 4. Students will learn about the concept of being "in the zone" and "peak experience" and what these terms mean and how the experiences are described by professional athletes and others. 5. Student will learn the concept that "beliefs are causes". 6. Students will learn about the power of their mind (knowledge level) from examples of documented human achievements. 7. Students will learn about the two fundamental emotions: love and fear; that the emotions are connected to thoughts-beliefs and they will learn about the physiology of emotions and why emotions are addictive. 8. Students will learn about the process of changing feelings of fear into feelings of love and confidence. 9. Students will learn about the process of breaking habits and addictions they do not want and establishing ones that they do want. 10. Students will learn about the two sets of core beliefs that people carry with them and will be able to identify them in their own sets of beliefs. 11. Students will learn how to view mistakes and "failures" and how to let go of them. 12. Students will learn that events happen but they have control over how they experience them. 13. Students will learn that they are responsible (capable of responding) for their actions, thoughts and feelings. 14. Students will learn why people attack others (and themselves) emotionally, physically and psychologically. 15. Students will learn how they can break the behavioral cycle of victimhood. 16. Students will learn the concepts of excellence and discovery in comparison to competition and perfection. In Class Activities: 1. Learning ways to meditate, to relax and to stay focused in the moment. 2. Connecting to Your "Inner Guide", "Superconscious" or "Intuition" using the Applied Kinesiology Technique. 3. Feeling the energy of love by focusing on the heart Chakra 4. Demonstration of how controlling the frequency of energy has an effect on balance 5. Performing a Tense - Release - Relax exercise: effects of tension versus relaxation on a movement form 6. Listing the things you say about yourself that are limiting; thinking about what is opposite of those things 7. Performing an "Exercise in Trust" activity 8. Completing "My Story versus What Occurred " Work Sheet Out of Class Activities: All student complete the following: 1. Pre-class questions 2. Worksheets. 3. Creating a Pre-Game routine for your sport</p>	
<b>Explain how this proposal affects program requirements and students in your unit:</b>	
No impact - this course will be an elective	

<b>Explain how this proposal affects courses, program requirements and student in other units:</b>
No impact - students in other units may use the course as an elective
<b>Explain how this proposal affects enrollment and staffing:</b>
Staffing already in place. This course has been offered as a special topics but is being adopted as a regular course.
<b>Units consulted (other departments, programs or campuses affected by the proposal):</b>
PEP

Comments (500 Character Maximum):

NOTE: Please do not use the following restricted characters: (~ \* / \ --)

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**Comments:**

Date	User	Comment
9/30/2014	Susan M Augustine	approved by FLA SCC 09-30-2014

**History:**

Date	User	Status
9/30/2014	Mark A Kretovics	Approved
9/30/2014	Susan M Augustine	Submitted