

# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	Psychology of Sport and Exercise
<b>Unit ID:</b>	EXSCI2173
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	(BEHAV1001 or BEHAV1002 or HEALT1705 or PSYCB1101 or PSYCB1102)
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	090701

## Description of the Unit:

This unit provides an introduction to basic theoretical concepts in the field of sport and exercise psychology and identifies the general psychological framework from which these derive. There will be the opportunity to develop some basic mental skills that can enhance personal sport performance. Topics covered include: motivation, arousal, anxiety and stress; mental toughness; group processes; personality; attention; self-confidence; psychological aspects of injury; exercise and mental health; exercise adherence; and current issues.

**Grade Scheme:** Graded (HD, D, C, P, MF, F, XF)

## Work Experience:

No work experience

**Placement Component:** No

**Supplementary Assessment:** Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

**Course Level:**

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Learning Outcomes:

#### Knowledge:

- K1.** Describe basic theoretical concepts in the field of sport and exercise psychology and identify the general theoretical framework from which many of these derive.
- K2.** Describe and demonstrate approaches to applied sport and exercise psychology.
- K3.** Explain methodologies relevant to sport and exercise psychology research.
- K4.** Discuss and evaluate current issues in the sport and exercise psychology fields.

#### Skills:

- S1.** Employ some basic mental skills that can enhance personal performance and assist teaching and coaching.
- S2.** Reflect on one's own and others experiences in psychological phenomena and apply strategies to improve sport and exercise behaviour.
- S3.** Critically evaluate issues in the sport and exercise psychology field.
- S4.** Apply theoretical frameworks to explain benefits associated with sport, exercise and physical activity

#### Application of knowledge and skills:

- A1.** Apply basic psychological principles and techniques to performance enhancement in sport and exercise settings.
- A2.** Plan and present information about psychological skills.

#### Unit Content:

The unit will examine content related to exercise psychology and sport psychology. The exercise psychology topics will include cognitive function and physical activity, mood and physical activity, negative behaviours in exercise, and depression and physical activity. The sport psychology topics will include motivation, arousal, anxiety and stress; mental toughness; group processes; attention; self-confidence; and psychological aspects of injury.

#### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K4; S1-S2; A1.	Attendance and participation in laboratory classes to demonstrate competency in practical skills.	90% attendance required to satisfy ongoing formative assessments	Satisfactory/Unsatisfactory
K1- K2; S1-S4; A1- A2.	Construct an assignment that incorporates key psychological skills used in sport and exercise.	Report - Part A.	20%-40%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1 - K2; S1-S4; A1 - A2	Construct an assignment that incorporates key psychological skills used in sport and exercise.	Report - Part B.	20%-40%
K1-K4.	Review of material covered throughout the unit.	Theory Test.	30%-50%

**Adopted Reference Style:**

APA ( )

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)