

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	PSYCHOLOGICAL AND SOCIO-CULTURAL FACTORS OF PHYSICAL ACTIVITY
Unit ID:	ISMAN1004
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	090301

Description of the Unit:

This unit provides students with an understanding of the key psychological principles and techniques underlying healthy behaviour and physical activity involvement. It addresses the psychological and socio-cultural factors that influence participation in physical activity and sport across the lifespan of the overall health of individuals and communities. The relationship between physical activity, socio-cultural and psychological factors will be explored to inform the different physical activity and sport interventions to implement change in health behaviour of communities and minority population groups. Students will be exposed to global aspects that influence health behaviour through participation in sport.

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

Work Experience:

No work experience: Student is not undertaking work experience in industry.

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	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Describe and explain psychological and socio-cultural factors that influence participation in physical activity across the lifespan for general and minority population groups.
- K2.** Identify strategies that promote physical activity and sport participation and inform program/intervention design for communities and minority population groups.
- K3.** Identify and explain how the values, behaviours and norms of different cultures and sub-cultures influence participation in physical activity and sport.

Skills:

- S1.** Critically evaluate the influences of physical activity and sport participation on health behaviour from a psychological and socio-cultural perspective.
- S2.** Compare and contrast physical activity and sport participation across different cultures and sub-cultures.

Application of knowledge and skills:

- A1.** Plan and propose an initiative to improve participation in physical activity and sport considering the psychological and socio-cultural factors.

Unit Content:

Unit content topics may include:

- Relationship between physical activity, sport and health
- Physical activity and sport participation trends
- Understanding health behaviours
- Psychological and socio-cultural aspects of why people are physically active or play sport
- Changing health behaviours
- Socio ecological model of health behaviour
- Equity, inclusion and diversity in sport
- Designing sport programs and interventions
- Future trends and developments in sport programs

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K3, S1	Student reflection on psychological and socio-cultural factors that influence their participation in physical activity and sport participation.	Reflective journal	10-20%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, S1, S2	Critically review the influences of physical activity and sport participation on health behaviour from a psychological and socio-cultural perspective.	Report	30-50%
K2, S1, A1	Propose an initiative to improve aspects of health behaviour across different socio-cultural groups to promote physical activity and sport participation	Proposal	30-50%

Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)