

Course Outline

School / Portfolio: Faculty of Health

Course Title: SPORT PSYCHOLOGY

Course ID: ATSGC3842

Credit Points: 15.00

Prerequisite(s): (120 points of study in any discipline)

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED Code: 090701

Program Level:

AQF Level of Program						
	5	6	7	8	9	10
Level						
Introductory	■	■	■	■	■	■
Intermediate	■	■	✓	■	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Identify, describe and evaluate a range of psychological theories as they apply to sport psychology and the pursuit of adventurous activities
- K2.** Describe how psychology can be used to understand and alter the performance of athletes at all levels of competition and fitness

Skills:

- S1.** Outline and critique various research techniques used in the fields of sports and adventure psychology
- S2.** Further develop an ability to independently research, evaluate and identify evidence appropriate to inform one's position

Application of knowledge and skills:

- A1.** Capacity to explain the biopsychosocial benefits of exercise and fitness and how they relate to individual performance in a range of circumstances
- A2.** Effectively communicate their own, and others, research ideas in written reports
- A3.** Apply psychological theories to diverse contexts (e.g., performance enhancement)

Course Content:

Topics may include:

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- -personality
- motivation
- competition and groups
- leadership and communication
- psychological skills training
- arousal
- imagery and self-confidence
- goal setting and concentration
- exercise and wellbeing
- injury and burnout
- aggression and character

Values and Graduate Attributes:

Values:

- V1.** Appreciate theoretical approaches that aid in improving an athlete's performance;
Express intellectual inquisitiveness and thoroughness;
Display a sense of personal agency;
Demonstrate respect for other students, their opinions and backgrounds; and,
Be responsible for correct standards in writing, research, and citation.

Graduate Attributes:

Attribute	Brief Description	Focus
Continuous Learning	As an advanced course, students will be equipped with skills to engage with the field of sport psychology. Students will reflect on current literature and develop cognitive skills to critically review, analyse, consolidate and synthesize knowledge and this will be captured in a spectrum of activities and assessment tasks throughout the course.	High
Self Reliance	Students are given many opportunities to undertake independent research and manage their time to complete tasks and meet deadlines.	Medium
Engaged Citizenship	Students will develop knowledge and skills relevant to key areas of sport psychology. This knowledge will be relevant in fields such as coaching, schooling, and athletic performance. Having engaged in collegial discussions with their peers and teachers about issues relevant to contemporary society (e.g., motivation), students will be able to contribute this information to many future careers in society.	High

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Attribute	Brief Description	Focus
Social Responsibility	Students will develop social responsibility relevant to applying psychological knowledge to several issues facing society, including ethical behaviour in leadership and applying behaviour modification strategies. Students discuss the potential of psychology to contribute to the contemporary society.	Medium

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
K1-K2 S1-S2 A1-A3	Students will choose from a set of short case studies and develop a written intervention to improve an athlete's performance. This assignment requires students to apply sports psychology concepts to a potentially realistic case.	Case study	30-40%
K1-K2 S1 A1-A3	Mastery of course content: Demonstrate and apply knowledge from the textbook in responses to multiple-choice and/or short-answer questions.	Mid-semester quiz	15-25%
K1-K2 S1 A1-A3	Mastery of course content: Demonstrate and apply knowledge from the textbook in responses to multiple-choice and/or short-answer questions.	Examination	40-50%

Adopted Reference Style:

APA