



The University of Southern Queensland

Course Specification

Description: Sport and Exercise Psychology Theory & Research

Subject	Cat-Nbr	Class	Term	Mode	Units	Campus
PSY	8100	10525	1, 2002	ONC	1.00	TWMBBA

Academic Group:	FOSCI
Academic Org:	FOS005
HECS Band:	1
ASCED Code:	090701

STAFFING

Examiner: Peter Terry

Moderator: Andrea Lamont-Mills

RATIONALE

To prepare research and design practices in the field of Sport Psychology, students need to examine the origins and development of the field of Sport Psychology and its relationship with other areas of Psychology particularly those practical and methodological requirements which set it apart from other fields of Psychology. This course is designed for that purpose.

SYNOPSIS

The course covers the theory, and methods of Sport Psychology. Theory and research into psychological factors that affect the behaviour of the individual athlete and sport teams will be discussed. Although the focus of sport psychology has been on the elite performer, emphasis will be placed on the applicability of theory and research in this branch of the discipline to sport and exercise participants across the whole community.

OBJECTIVES

On successful completion of this course students will be able to:

- demonstrate an understanding of the major theories and concepts in Sport Psychology;
- demonstrate a knowledge of research in Sport Psychology;
- critically assess research literature in Sport Psychology.

TOPICS

Description	Weighting (%)
1. Personality and mood	0.00

2. Anxiety and arousal theory	0.00
3. Attention theory	0.00
4. Motivation theory	0.00
5. Attributions and self efficacy	0.00
6. Identity and self-concept	0.00
7. Gender and equity	0.00
8. Development theory	0.00
9. Psychopathology	0.00
10. Exercise Psychology	0.00
11. Group dynamics	0.00
12. Cohesion and Leadership	0.00

TEXT and MATERIALS required to be PURCHASED or ACCESSED:

Books can be ordered by fax or telephone. For costs and further details use the 'Book Search' facility at <http://bookshop.usq.edu.au> by entering the author or title of the text.

Morris, T. & Summers, J. (eds). 2002 *Sport Psychology: Theory, Applications and Issues*, 2nd edn., Wiley, Brisbane.

REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Carron, A.V., & Hausenblov, H.A., 1998 *Group dynamics in Sport*, 2nd edn. Morgantown, WV: Fitness Information Technology.

Cox, R.H. 1998 *Sport Psychology: Concepts and Applications*, 4th edn., New York: McGraw-Hill.

Duda, J.L., (ed), 1998 *Advances in Sport and Exercise Psychology Measurement*, Morgantown, WV: Fitness Information Technology.

Hardy, L., Jones, G., & Gould, D., 1996 *Understanding psychological preparation for sport*, New York: Wiley.

Hargreaves, J., 1994. *Sporting females*, Routledge: London.

Horn, T. 1992 *Advances in Sport Psychology*, Champaign, IL: Human Kinetics.

Moran, A.P. 1996 *The Psychology of Concentration in Sport Performers: A Cognitive Analysis*, Exeter, UK: Psychology Press.

Ostrow, A.C. 1996 *Directory of Psychological Tests in the Sport and Exercise Sciences*, 2nd edn, Morgantown, WV: Fitness Information Technology.

Roberts, G.C. (ed) 1992 *Motivation in Sport and Exercise*, Champaign, IL: Human Kinetics.

Singer, R.N., Murphey, M. & Tennant, L.K. (eds.) 1993 *Handbook of Research on Sport Psychology*, New York: Macmillan.

Williams, J.M. (ed), 1998 *Applied sport psychology: Personal growth to peak performance*, Mountain View, California: Mayfield Publishing.

STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Private Study	114
Seminars	52

ASSESSMENT DETAILS

Description	Marks Out of	Wtg(%)	Required	Due Date
CRITIQUE	999.00	0.00	Y	04 Mar 2002 (see note 1)
RESEARCH PROPOSAL	50.00	50.00	Y	04 Mar 2002 (see note 2)
3 HOUR CLOSED EXAMINATION	999.00	50.00	Y	END S1 (see note 3)

NOTES:

1. Further details about the due dates are detailed in the assessment section of the Course Specifications.
2. Further details about the due dates are detailed in the assessment section of the Course Specifications.
3. Examination dates will be available during the Semester. Please refer to the examination timetable when published.

OTHER REQUIREMENTS

- 1 The due date for assessments is the date by which a student must despatch an assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner. In accordance with the University's Policy on Assignments (Regulation 5.6.1), the Examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances. This policy may be found in the USQ Handbook, the Distance Education Study Guide and the Faculty of Sciences' Orientation Handbook for new on-campus students. All students are advised to study and follow the guidelines associated with this policy. An assignment, submitted after the due date without an extension approved by the Examiner, will attract a penalty of 20% of the assigned mark for each day (or part thereof) that the assignment is late.
- 2 Students must retain a copy of any assignment submitted. This must be produced within 5 days if required by the Examiner.
- 3 To obtain a passing grade in this course, students must perform satisfactorily in all aspects of assessment.

- 4 It is the students responsibility to attend classes to ensure that they have the best chance to meet the objectives of the course, and to be informed of course related activities and administration.
 - 5 To be certain of a passing grade, students must gain at least 50% of the total marks available for the course and satisfy the minimum attendance conditions specified above.
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