



The University of Southern Queensland

## Course specification

The current and official versions of the course specifications are available on the web at <http://www.usq.edu.au/coursespecification/current>.  
Please consult the web for updates that may occur during the year.

### Description: Sport Psychology

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
PSY	3250	91341	2, 2009	EXT	1.00	Toowoomba

<b>Academic group:</b>	FOSCI
<b>Academic org:</b>	FOS005
<b>Student contribution band:</b>	1
<b>ASCED code:</b>	090701

### STAFFING

Examiner: Peter Terry  
Moderator: Andrea Lamont-Mills

### OTHER REQUISITES

Recommended Pre-requisite: PSY2100

### RATIONALE

Sport in contemporary society is a complex and intriguing socio-cultural phenomenon. The application of psychological theory, research, and practice to sport settings can contribute greatly to an individual's performance and level of participation. This course seeks to provide a solid scientific foundation to further study of the practice of sport psychology.

### SYNOPSIS

This course will explore the contribution of psychology in sport settings by highlighting and encouraging discussion of relevant issues. Through this process, students will develop greater awareness of the knowledge base, key skills, and professional responsibilities demanded of psychologists and researchers working in the field of sport psychology. Students will require computer and internet facilities as described in the USQ Handbook for Psychology students.

### OBJECTIVES

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

1. demonstrate knowledge of the theories and methods of inquiry pertinent to behaviour, cognition, and emotion in the sporting context (Assignment, CMA);
2. display knowledge of the major methods of investigation, interventions, and techniques of measurement in sport psychology (Assignment, CMA);
3. display an ability to apply psychological knowledge to sport psychology problems and issues by being able to define problems, gather and evaluate appropriate data, and determine appropriate intervention strategies (Assignment).

## TOPICS

	Description	Weighting (%)
1.	Introduction to Sport and Exercise Psychology	10.00
2.	Personality and Sport	10.00
3.	Motivation	10.00
4.	Arousal, Stress and Anxiety	10.00
5.	Group and Team Dynamics	10.00
6.	Group Cohesion	10.00
7.	Leadership	10.00
8.	Imagery	10.00
9.	Self-Confidence	10.00
10.	Concentration	10.00

## TEXT and MATERIALS required to be PURCHASED or ACCESSED

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

Weinberg, R S, & Gould, D 2007, *Foundations of Sport and Exercise Psychology*, 4th edn, Human Kinetics, Champaign, IL.

## 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.

## STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Assessments	30.00
Computer Managed Assessment	2.00
Private Study	140.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
ASSIGNMENT 1	100.00	50.00	11 Sep 2009 (see note 1)
2 HOUR CMA	100.00	50.00	30 Oct 2009 (see note 2)

### NOTES

1. All students are required to submit assignments electronically via the EASE (Electronic Assignment Submission environment). Details outlining electronic submission can be found on the course website (follow the EASE link provided). Be sure to label your assignment files exactly as outlined. Electronic submission must occur on or prior to the due date by 5pm (AEST). Your assignment will be deemed to be late if it is not submitted by this date and appropriate penalties may apply. Failure to follow instructions carefully will delay return of your assignment. You will be able to check that your assignment has been successfully uploaded.
2. The CMA will consist of 100 multiple choice questions. You will have 2 hours to complete the questions. The questions relate only to the 10 chapters we have covered in the Weinberg and Gould (2007) textbook (chapters 1, 2, 3, 4, 7, 8, 9, 13, 14, and 16) and may include some of those you have already answered in the quiz questions for each chapter.

## IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:  
There are no attendance requirements for this course, However, it is the students' responsibility to participate actively in the on-line discussion group and to study all material provided to them or required to be accessed by them in order to maximize their chance of meeting the objectives of the course and to be informed of course-related activities and administration.
- 2 Requirements for students to complete each assessment item satisfactorily:  
To satisfactorily complete an assessment item a student must achieve at least 50% of the marks available. Students do not have to satisfactorily complete each assessment item to be awarded a passing grade in this course. Refer to Statement 4 below for the requirements to receive a passing grade in this course.
- 3 Penalties for late submission of required work:  
If students submit assignments after the due date without prior approval then a penalty of 5% of the total marks available for the assignment may apply for each working day late.
- 4 Requirements for student to be awarded a passing grade in the course:  
To be assured of receiving a passing grade a student must achieve at least 50% of the total weighted marks available for the course.
- 5 Method used to combine assessment results to attain final grade:  
The final grades for students will be assigned on the basis of the aggregate of the weighted marks/grades obtained for each of the summative assessment items in the course.
- 6 Examination information:  
There is no examination for this course.
- 7 Examination period when Deferred/Supplementary examinations will be held:  
There is no examination for this course.

- 8 University Regulations:  
Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL <http://www.usq.edu.au/corporateservices/calendar/part5.htm> or in the current USQ Handbook.

## **ASSESSMENT NOTES**

- 9 Students must have e-mail and internet access to UConnect as per Faculty of Sciences' requirements in order to maximise their chance of meeting the objectives of the course. Students will need email and internet access to UConnect to complete Assignment 1.
- 10 A discussion group will be set up on the internet and students are expected to participate on a weekly basis. They are free to discuss any issues arising from the course. Students are to attempt to respond to the issues raised by others as well as raise their own thoughts and/or questions.
- 11 Assignment 1 must be by electronic submission in the EASE system. Refer to your Introductory Book and Course Website for correct labelling of electronic files and electronic submission details. Times and dates refer to Australian Eastern Standard Time (AEST).
- 12 In the event that a due date for an assignment falls on a local public holiday in their area, such as a Show holiday, the due date for the assignment will be the next day. Students are to note on the assignment cover the date of the public holiday for the Examiner's convenience.
- 13 In accordance with University Policy, the Examiner may grant an extension of the due date of an assignment in extenuating circumstances.
- 14 In order to maximize their chances of meeting the objectives of the course, students should submit the assessment and complete the CMA.
- 15 The due date for an assignment is the date by which a student must submit the assignment to the USQ via the electronic assignment submission environment (EASE) on the course website.
- 16 Students must use the assignment template (.doc document) provided on the course website for electronic submission of assignments. The templates include an assignment cover page and marking criteria and must be submitted in a Microsoft Office Word 2003 compatible format.
- 17 Students may be required to provide a copy of assignments submitted for assessment purposes. Such copies should be dispatched to the USQ within 24 hours of receipt of a request to do so.
- 18 Students who, for medical, family/personal, or employment-related reasons, are unable to complete an assignment or to sit for an examination at the scheduled time may apply to defer an assessment in a course. Such a request must be accompanied appropriate supporting documentation. One of the following temporary grades may be awarded IDS (Incomplete - Deferred Examination; IDM (Incomplete Deferred Make-up); IDB (Incomplete - Both Deferred Examination and Deferred Make-up).