Description: Sport Psychology

<table>
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<tr>
<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
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Academic Group:  
FOSCI

Academic Org:  
FOS005

HECS Band:  
1

ASCED Code:  
090701

STAFFING

Examiner: Andrea Lamont-Mills
Moderator: Steven Christensen

PRE-REQUISITES

Pre-requisite: USQ69204 or PSY2040 and PSY2100

RATIONALE

Sport in contemporary society is a complex and intriguing socio-cultural phenomena. 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 the practice of sport and exercise psychology.

SYNOPSIS

This course will explore the contribution psychology makes to sport settings by highlighting and encouraging discussion of issues that are unique to these settings. Through this students will develop greater awareness of the knowledge base, key skills, and professional responsibilities needed by psychologists and researchers working in sport and exercise 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:

- demonstrate that they have acquired rudimentary knowledge about the theories, major data, methods of enquiry, interventions, and major methods of psychological investigation and techniques of measurement which relate to sport and exercise psychology;
demonstrate that they are able to identify research problems, design a research
investigation, conduct a research investigation, evaluate research findings, and
communicate research findings which relate to sport and exercise psychology;
demonstrate that they have acquired rudimentary information technology skills;
demonstrate that they have acquired rudimentary APA referencing and in text
citation skills.

TOPICS

<table>
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<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Introduction to Sport Psychology and Professional Issues</td>
<td>10.00</td>
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<tr>
<td>2. Anxiety and Arousal</td>
<td>10.00</td>
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<tr>
<td>3. Motivation</td>
<td>10.00</td>
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<tr>
<td>4. Team Cohesion</td>
<td>10.00</td>
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<tr>
<td>5. Aggression</td>
<td>10.00</td>
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<tr>
<td>6. Psychological Assessment in Sport</td>
<td>10.00</td>
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<tr>
<td>7. Exercise Psychology</td>
<td>10.00</td>
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<tr>
<td>8. Youth Sport</td>
<td>10.00</td>
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<tr>
<td>9. The Female Sport Experience</td>
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<tr>
<td>10. Special Populations</td>
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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.

Bell, J 1999, *Evaluating Psychological Information: Sharpening your Critical Thinking
Skills*, Allyn & Bacon, Boston.

Chicago.

Book*, Human Kinetics, Champaign, ILL.

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.

International Journal of Sport Psychology
Journal of Applied Sport Psychology
Journal of Sport Behavior
Journal of Sport & Exercise Psychology
STUDENT WORKLOAD REQUIREMENTS

<table>
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<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Assessment</td>
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<td>Examinations</td>
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<td>Private Study</td>
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ASSESSMENT DETAILS

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<tr>
<th>Description</th>
<th>Marks Out of</th>
<th>Wtg(%)</th>
<th>Required</th>
<th>Due Date</th>
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<tr>
<td>ASSIGNMENT 1</td>
<td>100.00</td>
<td>15.00</td>
<td>Y</td>
<td>26 Aug 2002</td>
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<tr>
<td>ASSIGNMENT 2</td>
<td>100.00</td>
<td>35.00</td>
<td>Y</td>
<td>25 Oct 2002</td>
</tr>
<tr>
<td>3HR MULT CHOICE REST EXAM 100.00</td>
<td>50.00</td>
<td></td>
<td>Y</td>
<td>END S2</td>
</tr>
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</table>

NOTES:
3. Examination dates will be available during the Semester. Please refer to the examination timetable when published.

OTHER REQUIREMENTS

1. To be certain of gaining a passing grade in this course students must obtain an overall mark of at least 50%.
2. Students need to have e-mail and internet access to USQConnect 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 USQConnect to complete Assignment 1 and Assignment 2.
3. This course encourages the student to actively engage in talking, reading, listening, reflecting, and learning about sport and exercise psychology. Students will be
actively encouraged to learn and apply sport and exercise psychology knowledge through the use of a wide variety of learning strategies (e.g., case studies, small groups, etc).

4 In order to maximise their chance of meeting the objectives of the course students should come to the discussion group and other forums prepared to actively discuss readings. Each module has problem solving or project based exercises related to module themes or concepts. Students may work both individually and in small groups to see how they would resolve questions and discuss issues.

5 It is the students' responsibility to participate actively in the on-line discussion group, 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.

6 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.

7 The due date for assessments is the date by which a student must dispatch an assignment to the USQ. The onus is on the student to provide proof of the dispatch 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. Extensions will usually not be granted for workload reasons unless it is shown that your work commitments prior to the due date for the assignment were above and beyond your normal duties or responsibilities. In such cases, a letter from your employer would be required if you think you have grounds for an extension you must apply in advance. A covering letter and appropriate documentation must be submitted with the assignment. If your assignment is late without legitimate cause, you will lose 2 marks for the first day, and additional 2 marks for up to a week late, and an additional 4 marks per week or part thereof after that. No assignments will be accepted after marked copies have been returned to students. Please note that all assignments must be posted on or before the due date.

8 More details of assessment items and submission procedures are included in the Introductory Booklet.

9 Students must retain a copy of any assignment submitted. This must be produced within 48 hours if required by the examiner.

10 To complete each of the assignments satisfactorily students must obtain at least half of the marks available for each assignment. To satisfactorily complete the examinations in the course, students must obtain at least half of the marks available for each examination.

11 Grading. Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details.

12 Deferred Examinations. Students will be granted a deferred examination only if they perform satisfactorily in all other assessment items. Any deferred examinations for this course will be held during the examination period at the end of the semester
of the next offering of this course. Deferred exams will be granted as per USQ policy.

13 In order to maximize their chances of meeting the objectives of the course, students should submit each assessment and sit for the exam.

14 Examinations. Candidates should be aware that the University has policies and regulations (Regulation 5.6.2.2) about the use of unfair means and electronic devices in an examination and they should refer to them to determine whether or not actions they intend to take are acceptable to the University.

15 Restricted Examination. Candidates will be allowed access only to specific materials in a restricted examination. The only materials that candidates may use in the restricted examination for this course are: writing materials (non-electronic and free from material which could give the student an unfair advantage in the examination). With the approval of the Examiner, candidates may take an appropriate non-electronic translation dictionary into the examination. This will be subject to perusal and may be removed from the candidate's possession until appropriate disciplinary action is completed if found to contain material that could give the candidate an unfair advantage. A list of the materials candidates may access in the restricted examination will be on the front piece of the examination paper.