Description: Sport Psychology

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
<th>Campus</th>
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<tr>
<td>PSY</td>
<td>3250</td>
<td>24525</td>
<td>2, 2003</td>
<td>ONC</td>
<td>1.00</td>
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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: 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 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 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 psychology as per APA Guidelines;
• demonstrate rudimentary information technology skills;

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<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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<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>
<td>10.00</td>
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<tr>
<td>10. Special Populations</td>
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</table>

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.


Study Package 2003, *PSY3250 Sport Psychology*, USQ Distance Education Centre, Toowoomba.

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
Journal of Sports Sciences
Sport Psychologist
Wann, D.L 1997, Sport Psychology, Prentice Hall, Upper Saddle River, MJ.

STUDENT WORKLOAD REQUIREMENTS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Assessment</td>
<td>38</td>
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<tr>
<td>Examinations</td>
<td>3</td>
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<tr>
<td>Lectures</td>
<td>39</td>
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<tr>
<td>Private Study</td>
<td>95</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>25 Aug 2003</td>
</tr>
<tr>
<td>ASSIGNMENT 2</td>
<td>100.00</td>
<td>35.00</td>
<td>Y</td>
<td>13 Oct 2003</td>
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<tr>
<td>3HR MULT CHOICE REST EXAM</td>
<td>100.00</td>
<td>50.00</td>
<td>Y</td>
<td>END S2</td>
</tr>
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(see note )

NOTES:

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

IMPORTANT ASSESSMENT INFORMATION

1. Attendance requirements:
   It is the students' responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, practical work, and laboratories) scheduled for them, and to study all material provided to them or required to be accessed by them 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 complete each of the assignments satisfactorily students must obtain at least 50% of the marks available for each assignment. To satisfactorily complete the examinations in the course, students must obtain at least 50% of the marks available for each examination.

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 gained by the student for the assignment will 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 available weighted marks for the summative assessment items.

5 Method used to combine assessment results to attain final grade:
   Final grades for students will be determined by the addition of the marks obtained in each assessment item, weighted as in the Assessment Details.

6 Examination information:
   In a Restricted Examination, candidates are allowed access to specific materials during the 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); calculators which cannot hold textual information (students must indicate on their examination paper the make and model of any calculator(s) they use during the examination; English translation dictionaries (but not technical dictionaries); Formula sheets; Translation dictionary. Students whose first language is not English, may, with the Examiner's approval, take an appropriate non-electronic translation dictionary into the examination. Students who wish to use a translation dictionary MUST request and receive written approval from the Examiner at least one week before the examination date. Translation dictionaries 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;

7 Examination period when Deferred/Supplementary examinations will be held:
   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. There will be no Supplementary examinations in 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/SECARIAT/calendar/Part5/ or in the printed version of the current USQ Handbook.
ASSESSMENT NOTES

9 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.

10 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).

11 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.

12 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.

13 The Faculty will normally only accept assessments that have been written, typed or printed on paper-based media.

14 The Faculty will NOT accept submission of assignments by facsimile.

15 Students who do not have regular access to postal services or who are otherwise disadvantaged by these regulations may be given special consideration. They should contact the examiner of the course to negotiate such special arrangements.

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

17 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner.

18 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. 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.

19 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 by 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).