Description: Sport and Exercise Psychology Practice

<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>8120</td>
<td>20527</td>
<td>1, 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: Steven Christensen
Moderator: Peter Terry

PRE-REQUISITES
Pre-requisite: PSY8110

OTHER-REQUISITES
Prerequisites 69522

RATIONALE
Sport psychology consultancy involves the delivery of a wide range of services to clients (individuals, groups, and organisations) who live in a culturally diverse society. In this course the processes involved in the practice of sport psychology in a culturally diverse society will be examined.

SYNOPSIS
This course examines the range of psychological services a sport psychologist may be asked to perform, and how professionally prepared and culturally aware they are to meet these demands. Emphasis will be placed on examining target populations other than `mainstream elite athletes'. Students will be required to examine their personal biases, assumptions and professional boundaries in providing psychological services to clients (individuals, groups, and organisations) across different cultural dimensions, including ethnicity, gender, sexuality, age, mental and physical ability, religion, sporting role, and marital/family structure.

OBJECTIVES
On successful completion of this course students will be able to:
• recognise and defend their professional competencies in delivering psychological services to sporting clients (individuals, groups, and organisations) with cultural, ethnic, gender, sexual, age, mental and physical abilities, sporting roles, religion, and marital/family structure practices or characteristics that are different from their own;

• recognise and defend their personal boundaries in delivering psychological services to sporting clients (individuals, groups, and organisations) with cultural, ethnic, gender, sexual, age, mental and physical abilities, sporting roles, religious, and marital/family practices and characteristics that are different from their own;

• describe and defend the important cross-cultural considerations influencing the planning, organisation, delivery, administration and evaluation of an applied sport psychology program to a `new target population' of clients (individuals, groups, and organisations) with practices and characteristics that are different from their own;

**TOPICS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sport and Exercise Psychology Practices Ability-Disability (Physical and Mental) Age and Retirement Gender Adolescent Female Athletes Male/female consultants and female/male athletes Female Athletes with young families Veteran Athletes Professional Athletes (eg Boxers, Jockeys, Golfers) Ethnicity and Culture Referees and Officials Sexuality (Homosexual &amp; Lesbian) Sport Parents and Adolescent Athletes</td>
<td>80.00</td>
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<tr>
<td>2. Common Problems in the Practice of Sport Psychology</td>
<td>20.00</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.


**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.


1992, Special Issue: Transcultural psychology, Counselling Psychology Quarterly, Vol 2, no.2.


1991, Counselling lesbian women and g, The Counselling Psychologist, Vol 19, no.2.


DePauw, K.P. & Gavron, S.J 1995, Disability and Sport, Human Kinetics, Champaign, IL.


Fu, F.H., & Ng, M.L. (eds.) 1995, *Sport Psychology Perspectives and Practices towards the 21st Century*, Hong Kong Baptist University, Hong Kong.


Pedersen, P.B., & Ivey, A 1993, Culture-Centred Counselling and Interview Skills, Praeger, Westport, CN.


SPECIAL ISSUES OF JOURNALS: 1992, 'Counselling Psychology Quarterly'53 (Available: Special Issue: Transcultural psychology: Perspectives on theory, research and practice.) .


York, D.E 1994, Cross-Cultural Training Programs, Bergin & Garvey, Westport, CN.

STUDENT WORKLOAD REQUIREMENTS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examinations</td>
<td>3</td>
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<tr>
<td>Private Study</td>
<td>117</td>
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<tr>
<td>Seminars</td>
<td>52</td>
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ASSESSMENT DETAILS

<table>
<thead>
<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>CULTURAL JOURNAL</td>
<td>50.00</td>
<td>50.00</td>
<td>Y</td>
<td>04 Mar 2003</td>
</tr>
<tr>
<td>WORKSHOP</td>
<td>1.00</td>
<td>0.00</td>
<td>Y</td>
<td>04 Mar 2003</td>
</tr>
<tr>
<td>3 HOUR OPEN EXAMINATION</td>
<td>50.00</td>
<td>50.00</td>
<td>Y</td>
<td>END S1</td>
</tr>
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</table>

NOTES:
. Further details about the due date for the Cultural Journal will be advised by the Examiner.
. Further details about Workshop dates will be achieved by the Examiner.
. 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, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration. Participation in On-campus Workshops. The skills components of this course will be taught in three, two-day compulsory workshops held on campus. During these workshops, students will engage in practice of techniques for a variety of situations. If circumstances prevent a student from attending a workshop, the student must contact the examiner to arrange an alternative activity. This could be a written assignment based on the material covered in the missed workshop. Attendance at the three workshops and/or completion of one or more alternative activities at a standard judged to be appropriate by the examiner is required before the 1 mark for the workshops can be awarded.

2 Requirements for students to complete each assessment item satisfactorily:
To complete each of the assessment items satisfactorily, students must obtain at least 50% of the marks available for the Cultural Journal, must obtain at least 50% of the marks available for the examination and 1 mark for the workshops.

3 Penalties for late submission of required work:
If students submit assignments after the due date without prior approval then a penalty of 10% of the total marks available 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 a passing grade, students must demonstrate, via the summative assessment items, that they have achieved the required minimum standards in relation to the objectives of the course by: (i) satisfactorily completing the examination and assignments; and (ii) obtaining at least 50% of the total weighted marks available for all summative assessment items.

5 Method used to combine assessment results to attain final grade:
The final grades for students will be assigned on the basis of the weighted aggregate of the marks obtained for each of the summative assessment items in the course.

6 Examination information:
In an Open Examination, candidates may have access to any material during the examination except the following: electronic communication devices, bulky materials, devices requiring mains power and material likely to disturb other students.

7 Examination period when Deferred/Supplementary examinations will be held:
Any Deferred or Supplementary examinations for this course will be held during the next examination period.

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 who have undertaken all of the required assessments in a course but who have failed to meet some of the specified objectives of a course within the normally prescribed time may be awarded the temporary grade: IM (Incomplete - Make up). An IM grade will only be awarded when, in the opinion of the examiner, a student will be able to achieve the remaining objectives of the course after a period of non-directed personal study.

10 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).
11 Students must retain a copy of each item submitted for assessment. This must be produced within 24 hours if required by the Examiner.

12 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.

13 The examiner may grant an extension of the due date of an assignment in extenuating circumstances.