Description: Applied Sport and Exercise 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>
</tr>
</thead>
<tbody>
<tr>
<td>PSY</td>
<td>8110</td>
<td>34473</td>
<td>2, 2004</td>
<td>ONC</td>
<td>1.00</td>
<td>TWMB A</td>
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Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090701

STAFFING
Examiner: Peter Terry
Moderator: Steven Christensen

REQUISITES
Pre-requisite: PSY8100

RATIONALE
Much of the work of sport psychologists involves interventions aimed at enhancement of athletic performance. A course on the practice of sport psychology, therefore, is an essential component of any professional training program.

SYNOPSIS
This course examines current research and practice in applied sport and exercise psychology. There will be a blend of theory and practice with emphasis on the latter. Models of applied psychology will be examined and students will be provided with a broad range of psychological techniques applicable to sport and exercise.

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

1. explain the influence of psychological factors on the performance of sport skills and how participation in sport influences psychological factors;
2. introduce a range of behavioural and cognitive intervention techniques to enhance sport performance and personal development;
3. demonstrate a critical understanding and evaluation of the potential and limitations of PST programs.
TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Research Critiques: - the evaluative process - efficacy of interventions - seminar presentation</td>
<td>30.00</td>
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<tr>
<td>2. Case Studies: - Anxiety - Motivation - Self-confidence - Concentration - Attitudes - Team cohesion - Athletic injury</td>
<td>40.00</td>
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<tr>
<td>3. Mental Training: - Relaxation - Goal Setting - Performance routines - Team building</td>
<td>30.00</td>
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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).

Andersen, MB (Ed) 2000, *Doing Sport Psychology*, 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.

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Tenenbaum, G (Ed) 2001, *The Practice of Sport Psychology*, Fitness Information Technology, Morgantown, WV.


**STUDENT WORKLOAD REQUIREMENTS:**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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</thead>
<tbody>
<tr>
<td>Lectures</td>
<td>26.00</td>
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<tr>
<td>Private Study</td>
<td>120.00</td>
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<tr>
<td>Seminars</td>
<td>10.00</td>
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<tr>
<td>Tutorial</td>
<td>16.00</td>
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**ASSESSMENT DETAILS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks out of</th>
<th>Wtg(%)</th>
<th>Due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEMINAR PRESENTATION</td>
<td>40.00</td>
<td>40.00</td>
<td>20 Jul 2004</td>
</tr>
<tr>
<td>PSYCH SKILLS PROGRAM PROPOSAL</td>
<td>60.00</td>
<td>60.00</td>
<td>20 Jul 2004</td>
</tr>
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</table>

**IMPORTANT ASSESSMENT INFORMATION**

1. **Attendance requirements:**
   It is the students' responsibility to participate actively in all classes 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.

3. **Penalties for late submission of required work:**
   An assignment, submitted after the due date without an extension approved by the examiner, will attract a penalty of 5% of the assigned mark for each day (or part thereof) that the assignment is late.
4 Requirements for student to be awarded a passing grade in the course:
   To be assured of a pass in this course, students must obtain an overall mark of at least 50% in the assignments.

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:
   There is no examination in this course.

7 Examination period when Deferred/Supplementary examinations will be held:
   There will be no Deferred or 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/corporateservices/calendar/part5.htm or in the current USQ Handbook.

ASSESSMENT NOTES

9 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.