Description: Sport Psychology

Subject  Cat-nbr  Class  Term  Mode  Units  Campus
PSY      3250    70303  3, 2007  EXT   1.00   Toowoomba

Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090701

STAFFING
Examiner: Andrea Lamont-Mills
Moderator: Lorelle Burton

REQUISITES
Pre-requisite: PSY2100 or EDU3461 or MKT2020

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 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 rudimentary knowledge of the theories, major data, and methods of inquiry which related to the bases of behaviour, cognition, and emotion in the sporting context (Assignment, Exam);
2. display rudimentary knowledge of the major methods of investigation, interventions, and techniques of measurement which relate to sport psychology (Assignment, Exam);
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, Exam).
TOPICS

<table>
<thead>
<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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<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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<td>6. Mental Skills Training</td>
<td>10.00</td>
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<td>7. Psychological Assessment in Sport</td>
<td>10.00</td>
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<td>8. Exercise Psychology</td>
<td>10.00</td>
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<td>9. Youth Sport</td>
<td>10.00</td>
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<tr>
<td>10. Special Populations</td>
<td>10.00</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).


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

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Assessment</td>
<td>30.00</td>
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<tr>
<td>Examinations</td>
<td>2.00</td>
</tr>
<tr>
<td>Private Study</td>
<td>140.00</td>
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</tbody>
</table>
**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>ASSIGNMENT 1</td>
<td>100.00</td>
<td>40.00</td>
<td>14 Jan 2008</td>
</tr>
<tr>
<td>2HR (M/C) RESTRICTED EXAM</td>
<td>72.00</td>
<td>60.00</td>
<td>END S3 (see note 1)</td>
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</tbody>
</table>

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

**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 or a grade of at least C-. 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 20% 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 receiving a passing grade a student must achieve at least 50% of the total weighted marks available for the course. Students who do not qualify for a Passing grade may, at the discretion of the Examiner, be awarded a Supplementary Examination and/or assigned additional work to demonstrate to the Examiner that they have achieved the required standard. It is expected that such students will have gained at least 45% of the total marks available for all summative assessment items (or be assessed as close to a grade of C- on 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 aggregate of the weighted marks/grades obtained for each of the summative assessment items in the course.

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). 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.

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 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.

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 lectures and other forums prepared to actively discuss the content of the course, and required readings. Each module has problem solving or project based exercises related to module themes or concepts.

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 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.

17 In accordance with University Policy, the Examiner may grant an extension of the due date of an assignment in extenuating circumstances.

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

19 The due date for the 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.
20 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.

21 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).