**Course Name:**
KNPE 265/3.0

**Psychology of Sport and Exercise**

**Course Instructors:**
Dr. Luc Martin

**Contact Hours:**
Lectures: 2 x 1.5hr / 12 weeks

**Prerequisites:**
Level 2 or above in a HLTH, KINE or PHED plan.

**Corequisite:**
PSYC 100/6.0

**Exclusion:**

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**Course Description:**
This course will provide you with a broad introduction to sport and exercise psychology. Specific focus will be placed on the theories and frameworks that help us understand behaviour related to physical activity participation and performance. We will discuss seminal and current research in the field, and you will be provided with opportunities to think about and apply the information to real life contexts. Lectures will consist of lecturing, discussion, and films/videos.

**Course Texts:**

Lecture notes and other materials will be available through onQ (onq.queensu.ca)

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**Intended Student Learning Outcomes:**
- Critically evaluate knowledge related to psychological dimensions of physical activity.
- Understand the theories that inform the work being conducted in the field.
- Translate the information acquired from the research to more practical situations (e.g., exercise participant adherence, arousal regulation in sport).
- Analyze and understand a range of approaches and techniques used to evaluate sport performance (at both the individual and team levels) and exercise outcomes.
- Use writing as a mechanism for information consolidation and learning.
- Practice and demonstrate effective writing skills.

**Course Evaluation:**
- Writing Assignment: 10%
- Reflections: 15%
- Writing to Convince: 20%
- Midterm Exam: 25%
- Final Exam: 30%

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**Course Outline**

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<th>Team dynamics in sport (cohesion, subgroups)</th>
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<td>Theories and models of physical activity behaviour</td>
<td>Team dynamics in sport (leadership)</td>
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<td>The ‘self’ and exercise (body image)</td>
<td>Team interventions (Team building, self-awareness)</td>
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<td>The ‘self’ and exercise (stress, coping)</td>
<td>Individual interventions (PST)</td>
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<td>The ‘self’ and exercise (anxiety)</td>
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<td>The ‘self’ and exercise (mental health)</td>
<td>The ‘self’ in sport (imagery, self-talk)</td>
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<td>Social influences on exercise</td>
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<td>Physical activity interventions</td>
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<td>Sport psychology / Team dynamics (nature of groups)</td>
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<td>Team dynamics in sport (team structure)</td>
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