Course Name: KNPE 363/3.0
Psychology of Sport and Performance

Course Instructor: Dr. Karl Erickson

NOT OFFERED

Contact Hours:
Lectures: 2 x 1.5 hrs/wk / 12 weeks

Prerequisite:
KNPE 265/3.0 (or PHED 165/3.0)
Reserved YR3/YR4 BPHEH, BSCH KINE students only.

Exclusion:
PHED 363/3.0, KINE 363/3.0,

Course Description:
An integration of theory, research and applied practice in the area of applied sport psychology. Includes analysis and discussion of theoretical issues related to performance and performance consulting, and practical application of a variety of mental training techniques and strategies.

Course Texts:
Course readings are listed on the Web CT course site. Most readings are accessible through the Queen’s University Library E-Journals Collection. Readings not available electronically are on 3 hour reserve at Stauffer Library under KNPE 363/3.0.

Course Objectives:
- To provide you with mental skills and strategies that may be helpful as a future professional in sport, education, or physical activity.
- To help you develop your ability to apply mental skills in sport and life situations.
- To enhance your knowledge of how mental skills and strategies may be applied to domains other than sport.

Course Evaluation:
- Participation – Daily reflection 10%
- Reflection Paper 35%
- Summary Test 20%
- Consulting Video and Self-Critique Paper 35%

Course Outline

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<td>Setting up PST Programs</td>
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