## Course Name:
KNPE 465/3.0  
Sport Participation and Performance

## Course Instructor:
Dr. Jean Côté

## Contact Hours:
Lectures: 1 x 3 hrs/wk / 12 weeks

## Recommendation:
KNPE 237/3.0

## Prerequisite:
A grade of B in KNPE 265/3.0  
Level 4 in a KINE or PHED plan.

## Course Description:
The aim of this course is to explore the social psychological research and theories that facilitate understanding of personal excellence in sport. The course introduces theoretical and empirical work on participation and acquisition of expertise in sport as well as methodological issues related to developmental research in sport. Discussions will focus specifically on developmental aspects and learning conditions that allow individuals to maintain their engagement and reach high levels of performance in sport.

## Course Objectives:
- Students will recognize the importance and differentiate between several types of sporting activities and their contexts on athletes' participation, performance, and personal development.
- Students will develop an appreciation for the role of social agents, such as coaches, parents, and peers and their influence on athletes' development at different ages and stages of development.
- Students will learn how different sport settings and environmental resources shape athlete development, including the roles of contextual factors, such as relative age and birthplace effects.
- Students will identify, describe, and critique the appropriateness of different methodological approaches to studying athlete development in and through sport.
- Students will evaluate course content to propose practical applications for athletes, coaches, parents, and sport practitioners.

## Course Texts:
Readings for this course will be available on-line.

## Course Evaluation:
Weekly summary of Lecture and readings 20%  
Infographic Presentation 20%  
Research Proposal Literature Review 25%  
Research Proposal Method/Conclusion 25%  
Revised Literature Review 10%
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<td>Models of Athletes Development in Sport</td>
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