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|--|--|--|---------------------|-----|---------------|-----|---------|-----|-------|-----|
| <p><b>Course Name:</b><br/><b>KNPE 265/3.0</b></p> <p>Psychology of Sport and Exercise</p>   | <p><b>Course Instructors:</b></p> <p>Dr. Jean Côté</p>     | <p><b>Contact Hours:</b></p> <p>Lectures: 2 x 1.5 hrs / 12 weeks</p> <hr/> <p><b>Prerequisites:</b></p> <p>Level 2 or above in a HLTH or KINE plan.</p> <p><b>Corequisite:</b></p> <p>PSYC 100/6.0</p> <hr/> <p><b>Exclusion:</b></p>                        |                     |     |               |     |         |     |       |     |
| <p><b>Course Description:</b></p> <p>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 behaviours related to sport and exercise 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 oral presentations, discussion, and films/videos.</p>   |  | <p><b>Course Texts:</b></p> <p>Crocker, P.R.E, Sabiston, C., &amp; McDonough, M. (Eds.) (2020). <i>Sport and Exercise Psychology: A Canadian Perspective (4th edition)</i>. North York, Canada: Pearson.</p> <p>Content will be posted regularly on OnQ.</p> |                     |     |               |     |         |     |       |     |
| <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Critically evaluate knowledge related to psychological dimensions of sport and exercise.</li> <li>• Describe theories that inform the work being conducted in the field.</li> <li>• Translate the information acquired from the research to more practical situations (e.g., exercise participant adherence, arousal regulation in sport).</li> <li>• Analyze and discuss a range of approaches and techniques used to evaluate sport participation and performance (at both the individual and team levels) and exercise outcomes.</li> <li>• Use writing as a mechanism for information consolidation and learning.</li> <li>• Practice and demonstrate effective writing skills.</li> </ul> |  | <p><b>Course Evaluation:</b></p> <table> <tr> <td>Personal Reflection</td> <td>10%</td> </tr> <tr> <td>Autobiography</td> <td>30%</td> </tr> <tr> <td>Midterm</td> <td>20%</td> </tr> <tr> <td>Final</td> <td>40%</td> </tr> </table>                        | Personal Reflection | 10% | Autobiography | 30% | Midterm | 20% | Final | 40% |
| Personal Reflection  | 10%  |  |                     |     |               |     |         |     |       |     |
| Autobiography  | 30%  |  |                     |     |               |     |         |     |       |     |
| Midterm  | 20%  |  |                     |     |               |     |         |     |       |     |
| Final  | 40%  |  |                     |     |               |     |         |     |       |     |
| <p><b>Course Outline</b></p>   |  |  |                     |     |               |     |         |     |       |     |
| <p><i>Course introduction</i></p>  | <p>Leadership in sport and exercise</p>                    |  |                     |     |               |     |         |     |       |     |
| <p>Sport and exercise psychology</p>   | <p>Group cohesion in sport and exercise</p>                |  |                     |     |               |     |         |     |       |     |
| <p>Personality in sport and exercise</p>   | <p>Youth involvement and positive development in sport</p> |  |                     |     |               |     |         |     |       |     |
| <p>Anxiety in sport and exercise</p>   | <p>Physical activity and mental health</p>                 |  |                     |     |               |     |         |     |       |     |

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|---|----------------------------------|
| Motivation and behavioural change                 | Body image in sport and exercise |
| Stress, emotion, and coping in sport and exercise | Sport psychology interventions   |
| Aggression and moral behaviour in sport           | Physical activity interventions  |
| Coaching psychology                               | Finalize content / Review        |