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| <p>Course Name: KNPE 465/3.0</p> <p>Sport Participation and Performance</p> | <p>Course Instructor: Dr. Jean Côté</p> | <p>Contact Hours: Lectures: 1 x 3 hrs/wk / 12 weeks</p> | | | | | | | | | | | | |
| | | <p>Recommendation: KNPE 237/3.0</p> | | | | | | | | | | | | |
| | | <p>Prerequisite: A grade of B in KNPE 265/3.0 Level 4 in a KINE plan.</p> | | | | | | | | | | | | |
| | | <p>Exclusion:</p> | | | | | | | | | | | | |
| <p>Course Description:</p> <p>This course explores the psychological research and theories that facilitate understanding of participation, personal development, and performance in sport. More specifically, course discussions and readings will focus specifically on the aspects and conditions that allow individuals to (a) remain engaged in sport, (b) maintain interest in sport, and (c) achieve levels of high performance in sport. Additionally, theoretical and empirical work exploring a variety of methodological issues related to this field of research will be introduced and discussed.</p> | | <p>Course Texts:</p> <p>Readings for this course will be available on-line.</p> | | | | | | | | | | | | |
| <p>Learning Outcomes:</p> <ul style="list-style-type: none"> Recognize the importance and differentiate between several types of sporting activities and their influence on athletes' participation, performance, and personal development. Describe the role that social agents—such as coaches, parents, and peers—have in influencing an athlete's development at different ages and stages in life. Identify how different sport settings and environmental resources shape athlete development, including the roles of contextual factors, such as relative age and birthplace effects. Identify, describe, and critique the appropriateness of different methodological approaches to study athlete development in and through sport. Evaluate course content and propose practical applications for athletes, coaches, parents, and sport practitioners to undertake. | | <p>Course Evaluation:</p> <table> <tr> <td>Weekly Concept Maps of Readings and Methods</td> <td>10%</td> </tr> <tr> <td>Current Research on Weekly Topic</td> <td>10%</td> </tr> <tr> <td>Method: Active Reading Documents</td> <td>10%</td> </tr> <tr> <td>Reflection on Youth Sport</td> <td>20%</td> </tr> <tr> <td>Research Proposal Literature Review</td> <td>25%</td> </tr> <tr> <td>Research Proposal Method/Conclusion</td> <td>25%</td> </tr> </table> | Weekly Concept Maps of Readings and Methods | 10% | Current Research on Weekly Topic | 10% | Method: Active Reading Documents | 10% | Reflection on Youth Sport | 20% | Research Proposal Literature Review | 25% | Research Proposal Method/Conclusion | 25% |
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- Develop quality research questions and proposals.
- Practice writing engaging literature reviews and research proposals.

Course Outline

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| Introduction: Course structure; Writing effectively; Literature review; Concept Mapping | Social Dynamics: Developmental Relationships |
| A System Approach to sport | Observation |
| Types of Research | Social Dynamics: Coaching |
| Positive Youth Development | State Space Grid |
| Questionnaires | Social Dynamics: Parents |
| Immediate Experience: Interest and fun | Personal Construct Psychology |
| Momentary assessment | Appropriate Settings: Competitive engineering, birthplace, and relative age |
| Personal Engagement in Activities: Play, practice, and nonlinear pedagogy | Knowledge Mobilization |
| Qualitative Interviews and Analyses | Parasport |
| Engagement in Activities: Early specialization and sampling | Models of athlete development |
| Retrospective Interview | |