

<p><b>Course Name:</b>  <b>KNPE 493/3.0 - 001</b></p> <p>Special Topics in Kinesiology          Winter 2027 Topic:          Interventions in Sport Psychology</p>	<p><b>Course Instructor:</b>          Dr. Luc Martin</p>	<p><b>Contact Hours:</b>          Lectures: 1 x 3 hrs / 12 weeks</p>
		<p><b>Prerequisite:</b>          Level 4 in a KINE plan</p> <p>This course will count towards the Psychology and Socio-Cultural Studies Option.</p>
		<p><b>Exclusion:</b></p>

<p><b>Course Description:</b></p> <p>The purpose of this course is to integrate theory, research, and practice in relation to interventions in sport psychology. Specifically, with the overarching objective of understanding the facilitation of athlete thriving, we will explore the process of engaging in one-on-one consultation, team building practices, and broader community level intervention development and delivery.</p>	<p><b>Course Texts:</b></p> <p>Course notes will be placed on onQ.</p>
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<p><b>Learning Outcomes:</b></p> <p>Recognize the scope and breadth of sport psychology as a field of enquiry.</p> <p>Identify, synthesize, and critically evaluate research involving interventions in sport.</p> <p>Apply information gleaned from readings and course discussions to make informed decisions.</p> <p>Accept and consider the opinions of team members and come to a consensus on course related activities.</p> <p>Create effective interventions (knowing who they will target, how they will be administered, and to what extent they have been successful).</p>	<p><b>Course Evaluation:</b></p> <table> <tr> <td>Individual Readiness Assessment Tests</td> <td>10%</td> </tr> <tr> <td>Team Readiness Assessment Tests</td> <td>10%</td> </tr> <tr> <td>Team Application Activities</td> <td>20%</td> </tr> <tr> <td>Team Assessment of Helping Behaviours</td> <td>5%</td> </tr> <tr> <td>Individual Reflections Assignment</td> <td>15%</td> </tr> <tr> <td>Intervention Creation Assignment</td> <td>20%</td> </tr> <tr> <td>Course Exam</td> <td>20%</td> </tr> </table>	Individual Readiness Assessment Tests	10%	Team Readiness Assessment Tests	10%	Team Application Activities	20%	Team Assessment of Helping Behaviours	5%	Individual Reflections Assignment	15%	Intervention Creation Assignment	20%	Course Exam	20%
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<b>Course Outline</b>	
Course Introduction/Team-Based Learning	Personal Writing Session
Sport Psychology	Team-Based Consulting/Interventions
Interventions	Community Level Consulting/Interventions
Individual Level Consulting/Interventions	Course Conclusion/Consolidation