

<p>Course Name: KNPE 465/3.0</p> <p>Sport Participation and Performance</p>	<p>Course Instructor:</p> <p>Dr. Jean Côté</p>	<p>Contact Hours:</p> <p>Fall 2020 – Remote Delivery</p>										
		<p>Recommendation:</p> <p>KNPE 237/3.0</p>										
		<p>Prerequisite:</p> <p>A grade of B in KNPE 265/3.0 Level 4 in a KINE or PHED plan.</p>										
		<p>Exclusion:</p>										
<p>Course Description:</p> <p>The aim of this course is to explore the psychological research and theories that facilitate understandings of participation, personal development, and performance in sport. Theoretical and empirical work on sport participation and the development of expertise as well as methodological issues related to developmental research in sport will be introduced. Discussions 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.</p>		<p>Course Texts:</p> <p>Readings for this course will be available on-line.</p>										
<p>Course Objectives:</p> <ul style="list-style-type: none"> • Students will learn about the development of quality research questions and proposals. • Students will learn about writing engaging literature reviews and research projects. • Students will recognize the importance and differentiate between several types of sporting activities and their influence on athletes' participation, performance, and personal development. • Students will develop an appreciation for 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. • 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 		<p>Course Evaluation:</p> <table> <tr> <td>The Personal Assets Framework</td> <td>15%</td> </tr> <tr> <td>Weekly Reflection of Readings and Methods</td> <td>25%</td> </tr> <tr> <td>Flipgrid discussion</td> <td>20%</td> </tr> <tr> <td>Research Proposal Literature Review</td> <td>20%</td> </tr> <tr> <td>Research Proposal Method/Conclusion</td> <td>20%</td> </tr> </table>	The Personal Assets Framework	15%	Weekly Reflection of Readings and Methods	25%	Flipgrid discussion	20%	Research Proposal Literature Review	20%	Research Proposal Method/Conclusion	20%
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<p>appropriateness of different methodological approaches to study athlete development in and through sport.</p> <ul style="list-style-type: none"> • Students will evaluate course content and propose practical applications for athletes, coaches, parents, and sport practitioners to undertake. 	
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Course Outline	
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Introduction: Course Requirements	Coaching
Models of Athletes Development in Sport	Behavioral Observation
Research Synthesis	Peers and Groups
Practice and Play in the Development of Sport Expertise	State Space Grid Analysis
Retrospective Interviews	Implicit Learning and Non-linear Pedagogy
Positive Youth Development and Dropout	Motor Development and Physical Skills
Confidence and Perfectionism	Relative Age/Birthplace Effect
Family / Qualitative Research	Social Aspects