

<p>Course Name: KNPE 265/3.0</p> <p>Psychology of Sport and Exercise</p>	<p>Course Instructors:</p> <p>Dr. Luc Martin</p>	<p>Contact Hours: Winter 2021 – Remote Delivery</p> <hr/> <p>Prerequisites: Level 2 or above in a HLTH, KINE or PHED plan.</p> <p>Corequisite: PSYC 100/6.0</p> <hr/> <p>Exclusion:</p>
<p>Course Description:</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 behaviour related to physical activity 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. Given the move to remote delivery, content will largely involve lecture slides, videos, and readings.</p>		<p>Course Texts:</p> <p>There is no assigned textbook for this course. Lecture and video material will be supplemented with relevant textbook chapters and peer-reviewed articles.</p>
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • Critically evaluate knowledge related to psychological dimensions of physical activity. • Understand the theories that inform the work being conducted in the field. • Translate the information acquired from research to more practical situations (e.g., exercise participant adherence, arousal regulation in sport). • Analyze and understand a range of approaches and techniques used to evaluate sport performance (at both the individual and team levels) and exercise outcomes. • Use writing as a mechanism for information consolidation and learning. 		<p>Course Evaluation:</p> <ol style="list-style-type: none"> 1. Writing to think ($N = 5$) – Writing 20% 2. Writing to reflect ($N = 3$) – Reflecting 25% 3. Exams – <i>Midterm</i> 25% 4. Final Exam 30%
<p>Course Outline</p>		
<p>Exercise psychology Theories and models of physical activity behaviour</p>	<p>Team interventions in sport Team building</p>	
<p>The 'self' and exercise</p> <ul style="list-style-type: none"> • Body image • Stress and coping 	<p>The 'self' in sport</p> <ul style="list-style-type: none"> • Arousal regulation • Imagery 	

<ul style="list-style-type: none"> • Anxiety Mental health	<ul style="list-style-type: none"> • Self-talk Confidence
Physical activity interventions	
Team dynamics in sport <ul style="list-style-type: none"> • Leadership • Roles • Norms Cohesion	Individual interventions in sport <ul style="list-style-type: none"> • Psychological skills training (PST) Goal setting Course Content Review Video