

<p>Course Name: KNPE 265/3.0</p> <p>Psychology of Sport and Exercise</p>	<p>Course Instructors:</p> <p>Dr. Jean Côté</p>	<p>Contact Hours:</p> <p>Lectures: 2 x 1.5hr / 12 weeks</p> <hr/> <p>Prerequisites:</p> <p>Level 2 or above in a HLTH, KINE or PHED plan.</p> <p>Corequisite:</p> <p>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 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>Course Texts:</p> <p>Content will be posted regularly on OnQ.</p>								
<p>Intended Student Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Students will recognize the importance and differentiate between several types of sporting activities and their influence on athletes' participation, performance, and personal development. 2. 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. 3. 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. 4. Students will identify, describe, and critique the appropriateness of different methodological approaches to study athlete development in and through sport. 5. Students will evaluate course content and propose practical applications for athletes, coaches, parents, and sport practitioners to undertake. 6. 		<p>Course Evaluation:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">The Personal Assets Framework</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Reflection of Readings and Methods</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Research Proposal Literature Review</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Research Proposal Method/Conclusion</td> <td style="text-align: right;">25%</td> </tr> </table>	The Personal Assets Framework	25%	Reflection of Readings and Methods	25%	Research Proposal Literature Review	25%	Research Proposal Method/Conclusion	25%
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Course Outline

Introduction: Course structure; writing effectively; literature review	Retrospective Interview
A System Approach to sport	Social Dynamics: Coaching
Types of Research	Observation
Immediate Experience: Interest and fun	Social Dynamics: Transformational Coaching
Momentary assessment	State Space Grid
Positive Youth Development	Appropriate Settings: Competitive engineering, birthplace, and relative age
Questionnaires	Media Analysis
Personal Engagement in Activities: Play, practice, and nonlinear pedagogy	Social Dynamics: Family
Qualitative Interviews and Analyses	Knowledge Mobilization
Engagement in Activities: Early specialization and sampling	Parasport / Models of athlete development