

<p><b>Course Name:</b> <b>KNPE 465/3.0</b></p> <p>Sport Participation and Performance</p>	<p><b>Course Instructor:</b>  Dr. Jean Côté</p>	<p><b>Contact Hours:</b> Lectures: 1 x 3 hrs/wk / 12 weeks</p>								
		<p><b>Recommendation:</b>  KNPE 237/3.0</p>								
		<p><b>Prerequisite:</b>  A grade of B in KNPE 265/3.0 Level 4 in a KINE or PHED plan.</p>								
		<p><b>Exclusion:</b></p>								
<p><b>Course Description:</b></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. 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 in will be introduced and discussed.</p>		<p><b>Course Texts:</b></p> <p>Readings for this course will be available on-line.</p>								
<p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Students will recognize the importance and differentiate between several types of sporting activities and their influence on athletes' participation, performance, and personal development.</li> <li>• 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.</li> <li>• 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.</li> <li>• Students will identify, describe, and critique the</li> </ul>		<p><b>Course Evaluation:</b></p> <table> <tr> <td>The Personal Assets Framework</td> <td>25%</td> </tr> <tr> <td>Weekly Reflection of Readings</td> <td>25%</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>	The Personal Assets Framework	25%	Weekly Reflection of Readings	25%	Research Proposal Literature Review	25%	Research Proposal Method/Conclusion	25%
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appropriateness of different methodological approaches to study athlete development in and through sport.

- Students will evaluate course content and propose practical applications for athletes, coaches, parents, and sport practitioners to undertake.
- Students will learn about the development of quality research questions and proposals.
- Students will learn about writing engaging literature reviews and research projects.

### Course Outline

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