

<b>Course Name:</b> <b>KNPE 493/3.0 - 001</b>  Special Topics in Kinesiology Winter 2024 Topic: Interventions in Sport Psychology	<b>Course Instructor:</b>  Dr. Luc Martin	<b>Contact Hours:</b>  Lectures: 1 x 3 hrs / 12 weeks
		<b>Prerequisite:</b>  Level 4 in a KINE plan  This course will count towards the Psychology and Socio-Cultural Studies Option.
		<b>Exclusion:</b>
<b>Course Description:</b>  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.		<b>Course Texts:</b>  Course notes will be placed on onQ.
<b>Learning Outcomes:</b>  Recognize the scope and breadth of sport psychology as a field of enquiry.  Identify, synthesize, and critically evaluate research involving interventions in sport.  Apply information gleaned from readings and course discussions to make informed decisions.  Accept and consider the opinions of team members and come to a consensus on course related activities.  Create effective interventions (knowing who they will target, how they will be administered, and to what extent they have been successful).		<b>Course Evaluation:</b>  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%
<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