

BSE309 Applied Sport Psychology

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This course addresses the psychological factors and skills needed to facilitate peak performances in sport and other competitive situations. The focus of study examines the latest research and best practices of sport performance enhancement through the application of basic mental skills; composure and concentration skills; confidence and adversity-coping skills; cohesion and team dynamics strategies; and the periodization of mental skills training.

Topics:

- Psychological factors associated with peak performance
- Basic mental skills – goal-setting, Imagery, self-talk
- Composure and concentration skills
- Confidence and adversity coping skills
- Cohesion and team dynamics
- Implementing mental skills training with athletes and teams

Textbooks:

: (Current ISBN 9789814577496) Applied Sport Psychology: Personal Growth to Peak Performance (7th Ed.) (McGraw) 7 McGraw Hill
ISBN-13: 9780078022708-AA

: (Old ISBN 9780078022708) Applied Sport Psychology: Personal Growth to Peak Performance (7th Ed.) (McGraw) 7 McGraw Hill
ISBN-13: 9789814577496

Learning Outcome:

- Examine the relevant research and best practices of sport psychology skills and strategies applied to various sport and performance contexts.
- Discuss relevant theories and research to explain performance-related behaviours and cognitions under pressure.
- Discuss the effect of social and environmental factors on motor learning and sport performance.
- Assess a variety of psychological factors that influence motor learning and sport performance..
- Evaluate the effectiveness of different mental skills methods and skills for sport performance enhancement.
- Develop different intervention methods for sport performance enhancement.
- Apply appropriate sport psychology principles and skills to practical sport and performance case studies.
- Design a season-long, periodized mental skills training programme for a sport or performance target group.
- Prepare and deliver a hands-on, applied sport psychology workshop to an intended target audience.

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
PRE-CLASS QUIZ	1.66
PRE-CLASS QUIZ	1.67
PRE-CLASS QUIZ	1.67
TUTOR-MARKED ASSIGNMENT	15
TUTOR-MARKED ASSIGNMENT	30
Sub-Total	50

Examinable Component	Weightage (%)
ECA	50
Sub-Total	50

Weightage Total **100**