

Revision, Section)
 Revised
 Date of Previous Revision:
 Date of Current Revision:

C: SPSC 2231

D: Sport and Exercise Psychology

E: 3

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description:</p> <p>This course provides an introduction to the field of applied sport and exercise psychology. Students will use their developing knowledge of mental skills and strategies from the course to inform reflections and decisions about their mental strengths and areas to work on. Students will devise a mental skills plan for their personal growth and enhanced performance in a sport and/or exercise setting. They will also demonstrate their knowledge by applying mental skills and strategies to real world sport and exercise settings.</p>		
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture and Practical Application</p> <p>Number of Contact Hours: (per week / semester)</p>	<p>H: Course Prerequisites: None</p>	
	<p>I: Course Corequisites: None</p>	
	<p>J: Course for which this Course is a Prerequisite None</p>	

Module 7 Focus and Attentional Training

- 7.1 Identify theoretical explanations behind focus and attentional training
- 7.2 Discuss and examine assessment of focus and attention
- 7.3 Examine and demonstrate focus and refocus methods and uses
- 7.4 Demonstrate focus and attentional strategies for performance

Module 8 Competition Planning

- 8.1 Examine event planning strategies
- 8.2 Discuss and examine routines and competition preparation
- 8.3 Examine and demonstrate routines for achieving IPS
- 8.4 Discuss and examine mental recovery and regeneration strategies

Module 9 Productive Environment

- 9.1 Identify theoretical and practical components of mastery environments
- 9.2 Identify theoretical explanations behind cohesion
- 9.3 Discuss and examine the team building process
- 9.4 Discuss and examine the role of leadership in productive environments
- 9.5 Demonstrate strategies for effective team building
- 9.6 Examine the periodization and planning of mental skills

O: Methods of Instruction

1. Discussion groups and group tasks
2. Practical applications and experiences (learn by doing)
3. Technology assisted learning (audio visual, computer, internet)
4. Lectures and presentations
5. Readings and tasks

P: Textbooks and Materials to be Purchased by Students

A compendium of course materials will be utilized, including National Coaching Certification Program materials, materials specifically prepared for this course and library reserve readings from Weinberg, R. and Gould, D. (1999) Foundations of Sport and Exercise Psychology (2nd ed.). Champaign, IL: Human Kinetics. and Cox. R. H. (1994) Sport Psychology (3rd ed.)