

SPX222 Sport and Exercise Psychology

School: School of Health - Sport and Exercise Science

2026 | Trimester 2

UniSC Sunshine Coast
UniSC Moreton Bay

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to unisc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course provides an introduction to Sport and Exercise Psychology as a theoretical and applied discipline. It will provide you with a broad knowledge and understanding of psychological complexities and dynamics that can exist for both individuals and groups in the realms of sport and exercise. This course focuses upon developing your critical understanding of psychological theories relevant sport and exercise, along with commonly used interventions that can be applied to sport and exercise settings to positively influence behaviour, performance, outcomes, and well-being.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Online asynchronous learning materials	1hr	Week 1	12 times
Tutorial/Workshop 1 – Face to face	2hrs	Week 1	12 times

1.3. Course Topics

Topics covered in this course include: exercise and well-being, motivation, psychological factors influencing sport and exercise performance, cognitive and behavioural interventions, social and interpersonal factors relating to sport and exercise, and behaviour change in sport and exercise contexts with a focus on motivational interviewing.

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...	Exercise and Sports Science Australia
1 Differentiate and summarise major concepts, theories, and frameworks used in sport and exercise psychology.	Knowledgeable	2.2.1, 2.2.8, 13.2.1, 13.2.2, 13.2.3, 13.2.4, 13.2.5, 13.2.6
2 Apply psychological theory to sport and exercise settings across diverse populations.	Empowered	1.2.3, 2.2.8, 4.2.5, 13.2.1, 13.2.2, 13.2.4, 13.2.5, 13.2.6
3 Distinguish between relevant psychological frameworks and their applicability to a sport and exercise context.	Creative and critical thinker	2.2.8, 13.2.3
4 Summarise and apply psychological foundations of behaviour change in sport and exercise.	Empowered	2.2.8, 4.2.10, 4.2.5, 13.2.3, 13.2.5
5 Demonstrate the ability to communicate effectively and respond appropriately to assist clients from diverse populations to change their health and physical activity behaviours.	Empowered Communication	1.2.3, 1.2.3, 2.2.8, 4.2.4, 4.2.5, 13.2.6

* Competencies by Professional Body

CODE	COMPETENCY
EXERCISE AND SPORTS SCIENCE AUSTRALIA	
1.2.3	Choose and apply a variety of verbal and non-verbal communication methods appropriate to the client and/or population, carers and other health and exercise professionals.
2.2.1	Integrate knowledge of anatomy, physiology, pathophysiology, and other determinants of health and function and apply these to inform safe and effective movement, physical activity, and exercise-based interventions for individuals and population groups throughout all stages of their life.
2.2.8	Evaluate and apply contextual learning principles and behaviour change strategies to improve health outcomes, increase engagement, motivation, and adherence, and empower self-management of health conditions.
4.2.5	Apply and evaluate exercise prescription, health behaviour, and lifestyle change strategies and education, in partnership with clients to increase engagement, motivation and adherence, and improve health and well-being.
4.2.10	Design and deliver evidence-based, exercise-based interventions and apply behavioural strategies that meet the needs and preferences of clients.
4.2.4	Create and apply inclusive, respectful, and effective communication strategies to educate and engage clients in informed decision-making about purpose, benefits, risks, options, and costs for proposed interventions, expected outcomes, and strategies for future prevention.
13.2.1	Describe common social determinants of health factors that influence behaviour of health, physical activity and exercise.
13.2.2	Explain the role of physical activity and exercise in mental health and well-being.
13.2.3	Interpret evidence-based behavioural theories and their constructs that relate to health, physical activity, sport and exercise.
13.2.4	Interpret and analyse the factors that influence and predict exercise adherence.
13.2.5	Apply behavioural strategies according to the needs and preferences of the individuals and/or population and their progress towards achieving realistic goals.

13.2.6	Demonstrate the ability to communicate effectively and respond appropriately to assist clients from diverse populations to change their health and physical activity behaviours.
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5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

PSY100 or PUB104 or SPX101 or SPX102

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

5.5. Microcredential Information

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

This course is designed to give ongoing feedback on your learning. Online quizzes will be due in Weeks 3 and 5 to test student learning and to offer early feedback.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	20%	Four Quizzes - Each consisting of 20 questions, students are given 30 minutes to complete, worth 5% each.	Throughout teaching period (refer to Format)	Online Submission
All	2	Practical / Laboratory Skills	Individual	30%	Motivational Interview - 10 minutes. Reflection - 800 words.	Week 12	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	50%	The exam will consist of 20 multiple choice questions and 6 written response questions. The length of the exam will be 2 hours.	Exam Period	Exam Venue

All - Assessment Task 1: Quizzes

GOAL:	To demonstrate and evaluate your knowledge and understanding of the key concepts, definitions, theories and strategies used in sport and exercise psychology.		
PRODUCT:	Quiz/zes		
AUTHORSHIP STATEMENT:			
FORMAT:	<p>This assessment task consists of four online quizzes which will test your knowledge on key concepts relevant to sport and exercise psychology. This assessment task is to be completed individually in your own time.</p> <p>The due dates for the quizzes are as follows</p> <p>Quiz 1 will be due in Week 3, Quiz 2 will be due in Week 5, Quiz 3 will be due in Week 7, Quiz 4 will be due in Week 9</p>		
CRITERIA:	<p>No.</p> <p>1</p>	<p>Ability to correctly identify and apply terminology, knowledge, concepts, theories and strategies related to sport and exercise psychology and on the accuracy of your answers</p>	<p>Learning Outcome assessed</p> <p>1 2 3</p>
GENERIC SKILLS:	Problem solving		

All - Assessment Task 2: Motivational Interview Video Submission and Reflection

GOAL:	The task will require students to record a short video conducting a one-on-one motivational interview. Students will be assessed on their ability to apply key motivational interviewing principles and techniques and on a personal reflection and critical analysis of their motivational interview.																						
PRODUCT:	Practical / Laboratory Skills																						
AUTHORSHIP STATEMENT:																							
FORMAT:	This assessment requires a two-part submission. The first is an upload of the recorded motivational interview. The second is a file upload of an 800-word critical reflection on your motivational interview.																						
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Application of behaviour change technique</td> <td>2 5</td> </tr> <tr> <td>2</td> <td>Communication with client</td> <td>2 5</td> </tr> <tr> <td>3</td> <td>Reflection on current and future practice</td> <td>1 4</td> </tr> <tr> <td>4</td> <td>Critical reasoning and incorporation of theory</td> <td>1 3 4</td> </tr> <tr> <td>5</td> <td>Professional conduct</td> <td>5</td> </tr> <tr> <td>6</td> <td>Grammar and referencing</td> <td>5</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Application of behaviour change technique	2 5	2	Communication with client	2 5	3	Reflection on current and future practice	1 4	4	Critical reasoning and incorporation of theory	1 3 4	5	Professional conduct	5	6	Grammar and referencing	5	
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6	Grammar and referencing	5																					
GENERIC SKILLS:	Communication																						

All - Assessment Task 3: Final Examination

GOAL:	The exam is designed to test student ability to apply theoretical concepts related to behaviour change and to test knowledge of sport and exercise psychology theories.										
PRODUCT:	Examination - Centrally Scheduled										
AUTHORSHIP STATEMENT:											
FORMAT:	The exam will consist of two parts. Part 1 will be comprised of 20 multiple-choice questions testing student knowledge of theoretical concepts relevant to sport and exercise psychology. Part 2 will be comprised of 6 written response questions asking students demonstrate knowledge of how to apply different theoretical concepts to sport and exercise contexts.										
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Identification and description of key components of psychological theories relevant to a sport and exercise context.</td> <td>1 2 3</td> </tr> <tr> <td>2</td> <td>Application of psychological concepts, theories, and models to a sport and exercise context.</td> <td>1 2 3 4</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Identification and description of key components of psychological theories relevant to a sport and exercise context.	1 2 3	2	Application of psychological concepts, theories, and models to a sport and exercise context.	1 2 3 4	
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2	Application of psychological concepts, theories, and models to a sport and exercise context.	1 2 3 4									
GENERIC SKILLS:	Problem solving										

6.4. Assessment to competency mapping

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
ESSA ACCREDITED EXERCISE PHYSIOLOGIST PROFESSIONAL STANDARDS 2021				
All delivery modes	Examination - Centrally Scheduled	Final Examination	1.2.3	Taught, Practiced, Assessed

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
			2.2.1	Taught, Practiced, Assessed
			2.2.8	Taught, Practiced, Assessed
			4.2.4	Taught, Practiced, Assessed
			4.2.5	Taught, Practiced, Assessed
	Practical / Laboratory Skills	Motivational Interview Video Submission and Reflection	1.2.3	Taught, Practiced, Assessed
			2.2.8	Taught, Practiced, Assessed
			4.2.4	Taught, Practiced, Assessed
			4.2.5	Taught, Practiced, Assessed
	Quiz/zes	Quizzes	2.2.1	Taught, Practiced, Assessed
			2.2.8	Taught, Practiced, Assessed
			4.2.4	Taught, Practiced, Assessed
			4.2.5	Taught, Practiced, Assessed

ESSA ACCREDITED EXERCISE SCIENTIST PROFESSIONAL STANDARDS 2020

All delivery modes	Examination - Centrally Scheduled	Final Examination	1.2.3	Taught, Practiced, Assessed
			4.2.10	Taught, Practiced, Assessed
			13.2.3	Taught, Practiced, Assessed
			13.2.5	Taught, Practiced, Assessed
			13.2.6	Taught, Practiced, Assessed
	Practical / Laboratory Skills	Motivational Interview Video Submission and Reflection	4.2.10	Taught, Practiced, Assessed
			13.2.3	Taught, Practiced, Assessed
			13.2.5	Taught, Practiced, Assessed
			13.2.6	Taught, Practiced, Assessed

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
	Quiz/zes	Quizzes	13.2.3	Taught, Practiced, Assessed
			13.2.5	Taught, Practiced, Assessed

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

You need regular access to the resource(s) below. Many texts are available as ebooks through the [Library](#) at no additional cost.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Cox, R	2012	Sport psychology: Concepts and applications	(7th Ed.)	McGraw Hill

8.2. Specific requirements

This course includes an assessment of a professional competency task deemed necessary to meet the Exercise and Sports Science Australia (ESSA) Professional Standards. Therefore, your attendance and participation in tutorials is expected. Feedback will be provided to you during each of your classes and will provide you with support and guidance to become competent in the ESSA Professional Standards addressed in this course. For any work that is missed you will need to demonstrate to your course provider that you have covered the required material. This will usually take the form of a detailed summary and reflection of the directed study activities and practical skills for the missed class or placement.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty

From 15 minutes to 30 minutes: 20% penalty

More than 30 minutes: 100% penalty

10.4. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.5. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful.

The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- [UniSC Student Central](#)
- [UniSC Adelaide Student Central](#)