

SPX222 Sport and Exercise Psychology

School: School of Health - Sport and Exercise Science

2024 | Semester 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 usc.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 | 13 times |
| Tutorial/Workshop 1 – Face to face | 2hrs | Week 1 | 13 times |

1.3. Course Topics

Introduction to sport & exercise psychology

Motivation in sport and exercise

Arousal, anxiety, and sports performance

Social psychology of sport and exercise

Exercise psychology

Cognitive and behavioural sport and exercise interventions

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 |
|---|--|
| On successful completion of this course, you should be able to... | Completing these tasks successfully will contribute to you becoming... |
| 1 Identify, describe, explain, and critically review major concepts, theories, and strategies used in sport and exercise psychology. | Knowledgeable |
| 2 Describe and explain how psychological theory can be applied to sport and exercise settings. | Knowledgeable Empowered |

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

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% | Week 3, 20 questions, 30 minutes, worth 10% Week 5, 20 questions, 30 minutes, worth 10% | Refer to Format | Online Submission |
| All | 2 | Report | Individual | 30% | One page with images, graphics, and text. | 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 3 short answer 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 | | | | | |
| FORMAT: | This assessment task consists of two 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. Quiz 1 is due in Week 3 and Quiz 2 is due in Week 5. | | | | | |
| CRITERIA: | <table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>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 1 2</td> </tr> </tbody> </table> | No. | Learning Outcome assessed | 1 | 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 1 2 | |
| No. | Learning Outcome assessed | | | | | |
| 1 | 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 1 2 | | | | | |

All - Assessment Task 2: Infographic on Sport Psychology topic

| | |
|-----------------|---|
| GOAL: | Infographics are required within sport and exercise professions to communicate research informed best practice in applying sport and exercise psychology theory and strategies. You will incorporate at least one (or more) themes from the course and review sport and exercise psychology literature into your infographic. |
| PRODUCT: | Report |
| FORMAT: | This task is an individual one-page infographic communicating a solution for a sport and exercise scenario. You will develop a one page infographic report on a topic in sport and exercise psychology. |

| CRITERIA: | No. | Learning Outcome assessed |
|-----------|-----|--|
| | 1 | Ability to identify, explain, and apply the major concepts, theories and strategies used in sport and exercise psychology 1 2 |
| | 2 | Recognise, describe, and explain the influence of psychological factors on the behaviour, performance, and level of participation of both individuals and groups in sport and exercise settings 1 2 |

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 | |
| 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 3 short answer questions where students will be asked to interpret a case study through the lens of a behaviour change framework. | |
| CRITERIA: | No. | Learning Outcome assessed |
| | 1 | Identification and description of key components of psychological theories relevant to a sport and exercise context. 1 2 |
| | 2 | Application of psychological concepts, theories, and models to a sport and exercise context. 2 |

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

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

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

8.2. Specific requirements

Not applicable

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%
- b. The course is graded using the Standard Grading scale
- c. You have not failed an assessment task in the course due to academic misconduct.

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. 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>

10.9. 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.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au