

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:

: Applied Sport Psychology: Personal Growth to Peak Performance 8th McGraw Hill
ISBN-13: 9781260576733

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, periodised 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 (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	1.66
	PRE-CLASS QUIZ 2	1.67
	PRE-CLASS QUIZ 3	1.67
	TUTOR-MARKED ASSIGNMENT 1	15
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	ECA	50
Total		100