

COURSE SPECIFICATION
DOCUMENT

Academic School/Department:	Business and Economics
Programme:	BA Business Administration Combined Studies
FHEQ Level:	4
Course Title:	Introduction to Sport Psychology
Course Code:	SPT 4200
Course Leader:	Sabine Spangenberg
Student Engagement Hours:	120
Lectures:	30
Seminar / Tutorials:	15
Independent / Guided Learning:	75
Semester:	Fall 2014
Credits:	12 UK CATS credits 6 ECTS credits 3 US credits

Course Description:

This course will introduce students to the relevance of psychological issues in sport and sports coaching. The importance of the social context on sports participation and performance will be emphasized as fundamental in the study of sport and sport psychology. The development of the discipline and current thinking concerning sporting performance and the sports performer will be studied and related to students' personal experiences. The theoretical underpinnings of sport engagement and optimal performance will be explored using case studies, projects, and group interactions. The course examines practical implications and applications of sport psychology via personal experience and use of examples in the media where appropriate to demonstrate theory into practice. An overarching theme of the course is a focus on the use of psychological strategies and interventions to optimize sport experiences, health, well-being and performance of athletes.

Prerequisites: None

Aims and Objectives:

- To identify and define key concepts in sport psychology research and practice.
- To apply analytical, critical thinking and problem-solving skills to given case studies
- To apply analytical, critical thinking and problem-solving skills to psychological issues in sport
- To develop a critical understanding of the underlying psychological mechanisms of sports participation and performance.

Programme Outcomes:

A5, A6, A7

B3, B4, B5

C2,

D1, D2, D4

A detailed list of the programme outcomes is found in the Programme Specification. This is maintained by Registry and located at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

Learning Outcomes:

By the end of this course, successful students should be able to:

1. Understand what sport psychology is and to explain how knowledge of this discipline holds implications for practice.
2. Describe and evaluate key psychological theories relating to optimal engagement and performance in sporting environments
3. Identify key psychological factors which are important for success in sport
4. Discuss the importance of psychological skills training in sport.

Indicative Content:

- What is Sport Psychology?
- The sports performer: Personality and individual differences
- Motivation
- Understanding sport environments
- Introduction to psychological skills training
- The learning and performance process
- Goal setting
- Self-efficacy and confidence in sport
- Arousal, stress and anxiety
- Enhancing health and well-being
- Sport psychology in action

Assessment:

This course conforms to the Standard Richmond University Standard Assessment Norms approved at Academic Board.

Teaching Methodology:

Teaching will be a combination of lectures, seminar discussions and workshops, using case studies and drawing on students’ own experiences where appropriate. Lectures will be designed to cover the fundamental issues and build upon the recommended book chapters from the reading list and additional recommended readings. Students will be advised to supplement lecture notes by reading the relevant indicative reading(s).

The lectures will be participative in nature and will encourage commentary, application to real life scenarios/experiences and questioning to help develop deep learning and understanding, in addition to transferable skills.

Weekly seminars will support and enhance student learning through the exploration and application of their understanding in leadership case studies. Seminar sessions will require both individual and team participation and students will be encouraged to come prepared to participate in class.

Bibliography:

Required Texts:

Weinberg, R.S., & Gould, D. (2007) *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Recommended Reading:

Deci, E. L., & Ryan, Richard M. (1985). *Intrinsic Motivation and Self Determination in Human Behavior*. New York: Plenum Press.

Gill, D.L., & Williams, L. (2008). *Psychological dynamics of sport and exercise*. Champaign, IL: Human Kinetics.

Roberts, G.C., & Treasure, D. (Eds.) (2012) *Advances in Motivation in Sport and Exercise* (3rd ed.). Champaign, IL: Human Kinetics.

Schmidt, R.A., & Wrisberg, C.A. (2008). *Motor learning and performance*. Champaign, IL: Human Kinetics.

Change Log for this CSD:

Major or Minor Change?	Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic
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