



ORIGINAL COURSE IMPLEMENTATION DATE: September 1993  
 REVISED COURSE IMPLEMENTATION DATE: September 2018  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 09/15/14

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

<b>Course Code and Number:</b> KIN 266		<b>Number of Credits:</b> 3 <a href="#">Course credit policy (105)</a>																	
<b>Course Full Title:</b> Exercise and Sport Psychology <b>Course Short Title (if title exceeds 30 characters):</b>																			
<b>Faculty:</b> Faculty of Health Sciences		<b>Department (or program if no department):</b> Kinesiology																	
<b>Calendar Description:</b>  Provides insight into the theories, subject matter, and latest empirical research concerning the cognitive processes and emotional states that regulate and influence performance in sports, exercise, and other physical activities.  Note: Students with credit for KPE 266 cannot take this course for further credit.																			
<b>Prerequisites (or NONE):</b>		30 university-level credits.																	
<b>Corequisites (if applicable, or NONE):</b>		NONE																	
<b>Pre/corequisites (if applicable, or NONE):</b>		NONE																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>KPE 266</b> Cross-listed with: Equivalent course(s): <b>KPE 266</b> <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		<b>Transfer Credit</b> Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  Transfer credit requested (OReg to submit to BCCAT): <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (if yes, fill in transfer credit form)  Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No  To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 45</b> <b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: center;">45</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: center;"><b>45</b></td></tr> </table>		Lecture hours	45	Seminars/tutorials/workshops		Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>45</b>	<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No  If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit  <i>Note: The specific topic will be recorded when offered.</i>	
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Other contact hours:																			
<b>Total</b>	<b>45</b>																		
		<b>Maximum enrolment (for information only):</b> 36																	
		<b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b>																	
<b>Department / Program Head or Director:</b> Alastair Hodges		<b>Date approved:</b> May 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> May 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> October 20, 2017																	
<b>Dean/Associate VP:</b> Joanne MacLean		<b>Date approved:</b> May 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> March 23, 2018																	

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Explain the phenomena involved in the psychology of sport and exercise.
2. Systematically analyze, investigate and assess psychological effects in sport and physical activity/exercise
3. Identify practical implications for the people involved or affected.
4. Communicate effectively on the chosen topic.
5. Contribute to fieldwork research skills and time and project management skills in students.
6. Produce effective fieldwork research reports.
7. Identify methods and resources for further learning in the area.

**Prior Learning Assessment and Recognition (PLAR)**

Yes       No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lecture, discussion, small group presentations, audio-visual presentation, collaborative learning.

**Grading system:** Letter Grades:  Credit/No Credit:  Labs to be scheduled independent of lecture hours: Yes  No

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1. Cox, R.	Sport Psychology: Concepts and Applications, 7 <sup>th</sup> edition	<input checked="" type="checkbox"/>	Brown & Benchmark	2011
2. Martens, R.	Coaches Guide to Sport Psychology	<input checked="" type="checkbox"/>	Human Kinetics	1991
3. Singer, R.N., Murphey, M., & Tennant, L.K.	Handbook of Research on Sport Psychology	<input checked="" type="checkbox"/>	Macmillan	1993
4. Willis, J.D. & Campbell, L.F.	Exercise Psychology	<input checked="" type="checkbox"/>	Human Kinetics	1992
5.		<input type="checkbox"/>		

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)****Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	%	Midterm exam:	%	Practicum:	%
Quizzes/tests (2x25%):	50%	Lab work:	%	Field experience:	%	Shop work:	%
Psychological effects "profile" report:	15%	Research outline and bibliography:	15%	Research report:	20%		
						Total:	100%

**Details (if necessary):**

**Typical Course Content and Topics**

- Multi-dimensional model of sport psychology
- Mental skill training
- Goal setting
- Relaxation/energization
- Imagery
- Self-talk
- Focus/refocus skills
- Pre-event preparation
- Psychological skills training package
- Anxiety and arousal
- Motivation and confidence
- Retirement and transitions
- Burnout and overtraining
- Psychology and injury
- Parent/athlete relationship
- Personality and sport
- Aggression in sport
- Leadership and coaching styles
- Communication: group dynamics and team cohesion