



ORIGINAL COURSE IMPLEMENTATION DATE: September 2000
 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.

Course Code and Number: KIN 466	Number of Credits: 3 Course credit policy (105)																
Course Full Title: Psychological Skills for Sport and Life																	
Course Short Title (if title exceeds 30 characters): Psych Skills for Sport																	
Faculty: Faculty of Health Sciences	Department (or program if no department): Kinesiology																
Calendar Description: Examines theoretical and practical aspects of peak performance, not only in sport, but in other fields. Sensitizes students to emotional, cognitive, rational, and behavioural techniques utilized in understanding and developing advanced sport psychology techniques. Note: Students with credit for KPE 466 cannot take this course for further credit.																	
Prerequisites (or NONE):	60 university-level credits including KIN 366 (formerly KPE 366).																
Corequisites (if applicable, or NONE):	NONE																
Pre/corequisites (if applicable, or NONE):	NONE																
Equivalent Courses (cannot be taken for additional credit) Former course code/number: KPE 466 Cross-listed with: Equivalent course(s): KPE 466 <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>	Transfer Credit Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" 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 type="checkbox"/> No To find out how this course transfers, see bctransferguide.ca .																
Total Hours: 45 Typical structure of instructional hours: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</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;">Total</td><td style="text-align: right;">45</td></tr> </table>	Lecture hours	35	Seminars/tutorials/workshops	10	Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		Total	45	Special Topics 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> Maximum enrolment (for information only): 36 Expected frequency of course offerings (every semester, annually, every other year, etc.): once per year
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Total	45																
Department / Program Head or Director: Alastair Hodges	Date approved: October 2017																
Faculty Council approval	Date approved: October 2017																
Campus-Wide Consultation (CWC)	Date of posting: November 24, 2017																
Dean/Associate VP: Joanne MacLean	Date approved: October 2017																
Undergraduate Education Committee (UEC) approval	Date of meeting: March 23, 2018																

Learning Outcomes

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

1. Explore the phenomena involved in mental preparation in sport and physical activity.
2. Systematically analyze, investigate and assess psychological skills, attributes and preparation in sport and physical activity and other aspects of life.
3. Identify practical implications for the people involved or affected.
4. Communicate effectively on the topic and with those involved.
5. Identify methods and resources for further learning.

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)

The course will follow an information sharing approach. The professor will share information with students on course topics. Students will be expected to participate in seminar and presentation format as well.

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.	Weinberg, R. & Gould, D.	Foundations of Sport and Exercise Psychology	<input type="checkbox"/>	Human Kinetics	2015
2.		Select Course Readings	<input type="checkbox"/>		
3.			<input type="checkbox"/>		
4.			<input type="checkbox"/>		
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:	40%	Lab work:	%	Field experience:	30%	Shop work:	%
Research presentation:	10%	Participation:	10%	TAIS profile analysis report:	10%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

1. Introduction
2. Perspectives on peak performance in sport
3. Psychological skills and attributes
4. Emotional and attentional performance
5. Assessment and intervention
6. Mental preparation plan
7. Related cognitive, rational and behavioural techniques
8. Special issues and approaches
9. The athlete and the development team
10. Peak performers in business
11. Health and medical rehabilitation
12. Special fields and topics
13. The future and now