

EXSS2030: Sport, Exercise and Performance Psychology

International Summer Compressed Course **(DRAFT)**

June-July 2023

NB: This is an unofficial Course Outline and may be amended. The final document will be approved and provided to student's by 5th June 2023.

The details on this Course Outline are as in the University's Handbook with some specific adjustments for Semester 1, 2022 to adapt to COVID-19. Students are reminded that they should monitor the Course CANVAS Site to keep informed of any updates that may arise.

OVERVIEW

Course Description

Sport, Exercise and Performance Psychology is a fundamental element in empowering learning, well-being and athletic performance of different individuals and teams. This course introduces students to various fundamental constructs that impact on adherence, participation and performance in sport, exercise and physical activity. The content provides a basic overview of key concepts that help to recognise, explain and interpret human behaviour within sport, exercise and physical activity settings. The course will provide students with an ability to recognise the broad and inter-linked influences that psychological factors have within sport, exercise and physical activity settings. Students will need to demonstrate an ability to interpret and modify such factors to enhance one's performance and wellbeing. By the end of this course, students will develop sound understanding of key concepts in Sport, Exercise and Performance Psychology and will be able to identify and apply evidence-based behavioural techniques needed to increase exercise adherence, improve health and fitness, and performance needs.

Assumed Knowledge

EXSS1080 or PSYC1010 or PSYC1030

Contact Hours

Ourimbah

Lecture

Online

6 hour(s) per Week for Full Term (4 Weeks)

These contact hours are for delivery of the course in a semester term. For a summer/winter term the lectures will be delivered online, compressed into a shorter term. The total hours of lecture content will remain the same.

Tutorial *

Face to Face On Campus

6 hour(s) per Week for Full Term (4 Weeks)

These contact hours are for delivery of the course in a semester term. For a summer/winter term the tutorials will be delivered compressed to the shorter term. The total hours of tutorials will be the same.

* This contact type has a compulsory requirement.

Unit Weighting Workload

10

Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

COURSE OUTLINE

www.newcastle.edu.au

CRICOS Provider 00109J

CONTACTS

Course Coordinator	TBA Consultation: By Appointment
Teaching Staff	Other teaching staff will be advised on the course Canvas site.
School Office	School of Environmental and Life Sciences SO-104 Science Office OURIMBAH Science-SELS@newcastle.edu.au 4349 4568 / 4348 4115 9am-5pm (Mon-Fri)

SYLLABUS

Course Content	<ul style="list-style-type: none">• Personality, motivation, self and exercise adherence and sports performance• Individual and group, psychological factors affecting sport, exercise, wellbeing and performance• Evidence-based behavioural strategies and mental skill training• Psychological growth and development through sport and exercise• Practical skills and assessment in sport, exercise, physical activity and performance• Diversity, inclusion and cultural competencies
Course Learning Outcomes	<p>On successful completion of this course, students will be able to:</p> <ol style="list-style-type: none">1. Describe the role of exercise, physical activity and sport in mental health and wellbeing, and best practices in the delivery of health, exercise and performance advice (ESSA 13.2.2);2. Explain and interpret behavioural theories in relation to common social determinants of health that influence health, physical activity, exercise and sport for individuals and groups/teams (ESSA 13.2.1 & 13.2.3);3. Identify and analyse psychological factors and behavioural strategies that influence and predict participation and adherence to exercise, physical activity, sport and performance settings (ESSA 13.2.4);4. Select and employ the appropriate methods and tools, including professional and communication skills, to evaluate client's needs and monitor their progress towards achieving realistic goals in exercise, physical activity, sport and performance settings (ESSA 13.2.5);5. Identify, interpret and apply behavioural strategies in relation to client's needs, preferences and goals in an exercise, physical activity, sport and performance setting (ESSA 13.2.5).
Course Materials	<p>Lecture Materials:</p> <ul style="list-style-type: none">- Lecture and tutorial materials can be accessed via Canvas (see Course Modules). <p>Recommended Reading: TBA</p> <p>Required Text: TBA</p>

COMPULSORY REQUIREMENTS

In order to pass this course, each student must complete ALL of the following compulsory requirements:

Contact Hour Requirements:

- Tutorial: There is a compulsory attendance requirement in this course. Students must attend 80% of the tutorial sessions.

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	12 June	<ul style="list-style-type: none"> • Introduction to Sport and Exercise Psychology • Personality • Motivation 	<ul style="list-style-type: none"> • Introduction to Sport and Exercise Psychology • Personality • Motivation 	Online quizzes 1-3
2	19 June	<ul style="list-style-type: none"> • Factors Influencing Performance (1) • Factors Influencing Performance (2) • Practical Skills and Assessment in Sport 	<ul style="list-style-type: none"> • Factors Influencing Performance (1) • Factors Influencing Performance (2) • Practical Skills and Assessment in Sport 	Online quizzes 4-6
3	26 June	<ul style="list-style-type: none"> • Mental Skills Training (1) • Mental Skills Training (2) • Mental Skills Training (3) 	<ul style="list-style-type: none"> • Assessment Presentation • Mental Skills Training • Guest Speaker 	Online quizzes 7-9 Presentation due
4	03 July	<ul style="list-style-type: none"> • Sport, Exercise and Psychological Well-Being • Psychological Growth and Development • Group Dynamics • Diversity and Inclusion 	<ul style="list-style-type: none"> • Sport, Exercise and Psychological Well-Being • Psychological Growth and Development • Group Dynamics • Diversity and Inclusion 	Online quizzes 10-12 Client report due

ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Online quizzes	Prior to tutorials	Individual	30%	1, 2, 3, 4, 5
2	Presentation	TBA	Individual	30%	2, 3, 4
3	Client Report	TBA	Individual	40%	2, 3, 5

Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

Assessment 1 - Online quizzes

Assessment Type	Quiz
Purpose	Consolidate lecture materials and key concepts to develop better understanding.
Description	This assessment comprises 12 online quizzes worth 30% total. The quizzes must be completed weekly prior to the tutorials. Please see Canvas for more information.
Weighting	30%
Due Date	Prior to weekly tutorials. See Canvas for more information.
Submission Method	Online
Assessment Criteria	Capacity to determine correct answers or equivalent to a series of questions.
Return Method	Online
Feedback Provided	Online - Results will be available immediately.

Assessment 2 - Presentation

Assessment Type	Presentation
Purpose	This assignment provides students with further experience implementing theory into practice and further develops their professional skills.
Description	This assignment will require students to work with a selected case study and produce a professional video presentation to a sporting audience.
Weighting	30%
Length	8 - 10 minutes
Due Date	TBA
Submission Method	Online and present in the scheduled tutorial.
Assessment Criteria	Please see marking rubric and assignment briefing available on Canvas.
Return Method	Online
Feedback Provided	Online - Provided online within 15 working days.

Assessment 3 - Client Report

Assessment Type	Report
Purpose	This assignment provides students some experience implementing theory into practice and further develops their written communication skills.
Description	The students will need to produce a client report for a selected case study. Details about this assignment will be provided on Canvas.
Weighting	40%
Length	6 pages (maximum)
Due Date	TBA
Submission Method	Online
Assessment Criteria	Please see marking rubric and assignment briefing available on Canvas.
Return Method	Online
Feedback Provided	Online - Provided online within 15 working days.

ADDITIONAL INFORMATION

Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.

50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

*Skills are those identified for the purposes of assessment task(s).

Attendance

Attendance/participation will be recorded in the following components:

- Tutorial (Method of recording: - Tutorial (Method of recording: Class Registers))

WH&S Requirements

Laboratory Induction Requirement. Some tutorial activities will be run in the laboratory. Students must attend and pass the induction requirements before attending these sessions. In order to participate in the course students must complete a compulsory laboratory induction and Workplace Health and Safety (WH&S) induction including testing equipment usage and emergency evacuation procedures.

Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.
- Face to Face: Communication will be provided via face to face meetings or supervision.

Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

As a result of student feedback, the following changes have been made to this offering of the course:

- Some assessment items and weightings were changed.
- Some assessment items were made more practical in light of industry needs.

Oral Interviews

As part of the evaluation process of any assessment item in this course an oral examination may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination Guidelines](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

Academic Misconduct

All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

Adverse Circumstances

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

**Reasonable
Adjustment Plans
(RAP)**

If you are registered with AccessAbility and have been provided with a Reasonable Adjustment Plan (RAP), please ensure that you provide your Course Coordinator with a copy as soon as you can, or let your Course Coordinator know that you are still waiting for your RAP.

**Important Policy
Information**

The 'HELP for Students' tab in UoNline contains important information that all students should be familiar with, including various systems, policies and procedures.

This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.

© 2022 The University of Newcastle, Australia