



KNES-204 – Psychology of Sport and Exercise

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-03-01

Program Area: Health

Description:

This course provides insight into the theories, subject matter, and recent research concerning the cognitive processes and emotional states that regulate and influence performance in sports, exercise, and other physical activity. An examination of aggression, cohesion, self-talk, motivation and mental training as they relate to human performance will be conducted.

Program Information:

This is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Social Sciences, Humanities

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	45
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Course Requisites:

- Complete all of the following
 - Completed at least 1 of the following:
 - **PSYC101** – Introduction to Psychology 1 (3)
 - **PSYC151** – Interpersonal Communications (3)
 - Or 18 credits of Kinesiology courses.

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Weinberg, R.S. & Gould, D. (2007). *Foundations of Sport & Exercise Psychology*, (7th ed.). Champaign, IL: Human Kinetics.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- demonstrate knowledge of the basic principles and concepts of sport and exercise psychology;
 - demonstrate knowledge regarding the psychological techniques that may enhance sport and exercise performance;
 - demonstrate knowledge and understanding of theory and research in sport and exercise psychology;
 - evaluate the merit of this information;
 - appreciate the nature and value of sport and exercise psychology;
 - apply the knowledge of this field to one's own life;
 - aid in the development of students' critical thinking skills; and
 - demonstrate enhanced written and communication skills.
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Course Topics:

- **Introduction to Sport Psychology and Research**
- **Understanding Participants**
 - Personality & Sport
 - Motivation
 - Arousal, Stress & Anxiety
- **Understanding Sport & Exercise Environments**
 - Competition & Cooperation
 - Feedback, Reinforcement & Intrinsic Motivation
- **Understanding Group Processes**
 - Group & Team Dynamics
 - Group Cohesion
 - Leadership
 - Communication
- **Enhancing Performance**
 - Intro to Psychology Skills Training
 - Arousal Regulation
 - Imagery
 - Self-Confidence
 - Goal Setting
 - Concentration
- **Enhancing Health & Well Being**
 - Exercise & Psychology – Well-Being
 - Exercise Behavior & Adherence
 - Athletic Injuries & Psychology
 - Addictive & Unhealthy Behaviors

- Burnout & Over Training
- **Facilitating Psych Growth & Development**
 - Children's Psychology Development Through Sport
 - Aggression in Sport & Audience Effects
 - Character Development & Sportsmanship

See instructor's syllabus for the detailed outline of weekly readings, activities, and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	50%
Midterm Exam	20%
Final Exam	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance

- Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for KNES 204 may not receive additional credit for PSYC 264.

Prior Course Code: HKIN 204 >> KNES 204

Date changed: September 2012

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.