



## PSYC-264 – Psychology of Sport and Exercise

University Arts and Science

**Effective Term & Year:** Fall 2025

**Course Outline Review Date:** 2030-03-01

**Program Area:** Arts, Humanities, and Social Sciences

### Description:

This course introduces students to key concepts and theories in sport and exercise psychology, focusing on the psychological factors that influence performance and participation in physical activity. Through practical exercises, students will develop and apply mental skills and strategies to enhance athletic performance and overall well-being. The course also explores recent research on cognitive processes and emotional states that regulate behavior in sport and exercise contexts.

### Program Information:

This course is required 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	
<b>Total</b>	<b>45</b>

### Course Requisites:

- Complete 1 of the following
  - Completed at least 1 of the following:
    - PSYC101 – Introduction to Psychology 1 (3)
    - Course Not Found
  - Earned at least 18 credits from KNES

### Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 [Prior Learning Assessment and Recognition \(PLAR\)](#) or 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.

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## Learning Outcomes:

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

- identify psychological theories and concepts related to performance and participation in sport and exercise contexts;
  - analyze the influence of psychological factors such as motivation, anxiety, and confidence on athletic performance and physical activity;
  - apply mental skills and strategies (e.g., visualization, goal-setting, relaxation techniques) to improve performance and well-being in sport and exercise settings;
  - identify psychological barriers to performance and participation in sport and exercise, and propose effective interventions to overcome them;
  - assess psychological interventions and their effectiveness in improving sport performance and physical activity engagement; and
  - apply recent research in sport and exercise psychology to real-world sport and exercise contexts.
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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.

### Evaluation Notes Comments:

*Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

### 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.

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### **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 2.1.4 Course Audit
  - Policy 2.4.1 Credential Framework
  - Policy 2.4.3 Students with Documented Disabilities
  - Policy 2.4.4 Student Rights, Responsibilities and Conduct
  - Policy 2.4.8 Academic Performance
  - Policy 2.4.9 Student Feedback and Concerns
  - Policy 2.4.11 Storage of Academic Works
  - Policy 2.5.3 Student Appeal
  - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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### **Equivalent Course(s) and Course Code Changes**

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

### **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.