



# **ESSC12003 *Exercise and Sport Psychology***

## **Term 1 - 2017**

Profile information current as at 14/05/2024 03:43 am

All details in this unit profile for ESSC12003 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

### **Corrections**

#### **Unit Profile Correction added on 28-02-17**

For extensions: Extensions will only be given via CQU Policy. Extensions must be submitted through the Moodle site.

Written Assessment - Assessment Criteria:

Marks will be awarded for writing skills, content, research, and referencing. Marks will not be allocated for sections that are plagiarized or copied, in line with CQU Policy. A detailed marking scheme is available on the Moodle site.

Presentation Assessment - Assessment Criteria:

Marks will be awarded for understanding of subject matter, research, and writing skills.

## General Information

### Overview

This unit is designed to provide students with key psychological knowledge relating to aspects of sports performance and participation across a variety of sport and exercise environments. The emphasis of this unit is on psychological processes and strategies that enhance individual, group, and team performance.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

Pre-requisite: ESSC11003 Skill Acquisition and Movement

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

### Offerings For Term 1 - 2017

- Distance
- Mackay
- Rockhampton

### Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

### Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are:

Click here to see your [Residential School Timetable](#).

### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Online Quiz(zes)**

Weighting: 20%

#### 2. **Written Assessment**

Weighting: 40%

#### 3. **Presentation**

Weighting: 40%

#### 4. **Practical Assessment**

Weighting: Pass/Fail

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Course Evaluations

##### Feedback

Students would like more feedback and instruction on assessment items.

##### Recommendation

A review of assessment instruction and feedback format will be conducted to ensure suitable guidance is provided to students on the assessment task and resulting marks.

##### Action

More detailed assessment instructions were included in the course.

#### Feedback from Flex students.

##### Feedback

Students enjoyed the residential school but felt it could be condensed into one day.

##### Recommendation

Practical component of res school will continue but will be reduced to a single day.

##### Action

Residential school was reduced to a single day.

## Unit Learning Outcomes

### On successful completion of this unit, you will be able to:

1. Discuss key psychological aspects relating to sport performance and exercise participation.
2. Discuss the importance of leadership in sport and exercise environments.
3. Compare and contrast sport and exercise psychology theories.
4. Apply theoretical and psychological intervention to enhance sport performance or increase exercise adherence in various populations.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Online Quiz(zes) - 20%	•	•	•	
2 - Written Assessment - 40%	•	•	•	
3 - Presentation - 40%	•		•	•
4 - Practical Assessment - 0%			•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Communication	•	•	•	•
2 - Problem Solving	•	•		•
3 - Critical Thinking		•	•	
4 - Information Literacy	•	•	•	•
5 - Team Work				•
6 - Information Technology Competence	•		•	
7 - Cross Cultural Competence				
8 - Ethical practice				
9 - Social Innovation				
10 - Aboriginal and Torres Strait Islander Cultures				

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 20%			•			•				
2 - Written Assessment - 40%	•	•	•	•		•				
3 - Presentation - 40%	•	•	•	•		•				
4 - Practical Assessment - 0%	•	•	•	•	•	•		•		

## Textbooks and Resources

### Textbooks

ESSC12003

#### Prescribed

#### **Sport Psychology - Concepts and Applications**

Edition: Seventh (2012)

Authors: Richard H. Cox

McGraw Hill

New York , New York , USA

ISBN: 9780078022470

Binding: Paperback

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Vincent Dalbo** Unit Coordinator

[v.dalbo@cqu.edu.au](mailto:v.dalbo@cqu.edu.au)

## Schedule

### Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Defining exercise and sports psychology: A discipline and profession	1	

### Week 2 - 13 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Personality and core characteristics of the individual/Leadership and communication in sport/Youth sport	2, 5, 16	

### Week 3 - 20 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Self-confidence and intrinsic motivation/ Attention and concentration in sport and exercise	3 (parts), 6	

### Week 4 - 27 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Self-confidence and intrinsic motivation/Goal perspective theory 3 (parts), 4

#### Week 5 - 03 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Anxiety, stress, and mood relationships/Alternatives to inverted-U theory	7, 8	<p>- Lecture to be delivered in Mackay and ISL'd to Rockhampton</p> <p>- Labs for Mackay students (Tuesday 8:30 AM - 4:30 PM) * Only internal Mackay students can attend the Mackay labs</p> <p>- Labs for Rockhampton and mixed mode students (Saturday 8:30 AM - 4:30 PM) Building 81 on the basketball courts.</p>

#### Vacation Week - 10 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
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#### Week 6 - 17 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Coping and intervention strategies in sport/Goal setting	9, 10	

#### Week 7 - 24 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Imagery and hypnosis in sport/Psychological skills training	11, 12	Quiz 1 Due: Friday (28 April 17) 08:00 PM AEST

#### Week 8 - 01 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Aggression and violence in sport/Audience and self-presentation in sport	13, 14	

#### Week 9 - 08 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Team cohesion in sport/Burnout in athletes/The psychology of injuries	15, 18	<b>Written Assessment</b> Due: Week 9 Friday (12 May 2017) 8:00 pm AEST

#### Week 10 - 15 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Exercise psychology	17	

#### Week 11 - 22 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Drug abuse in sport and exercise	19	

#### Week 12 - 29 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Study week		<p>Quiz 2 Due: Friday (02 June 17) 08:00 PM AEST</p> <p><b>Presentation</b> Due: Week 12 Friday (2 June 2017) 8:00 pm AEST</p>

#### Review/Exam Week - 05 Jun 2017

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 Online Quizzes

#### Assessment Type

Online Quiz(zes)

#### Task Description

##### Quiz 1 (10% of final grade)

This quiz will cover text chapters, course readings, and course content for exercise and sport psychology topics covered during weeks one to six (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period.

The quiz must be completed in a single session. You cannot save the quiz and return to it at a later date.

Open: First day of class

Close: Week 7, Friday, 8:00 PM AEST

##### Quiz 2 (10% of final grade)

This quiz will cover text chapters, course readings, and course content for exercise and sport psychology topics covered during weeks seven to eleven (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period.

The quiz must be completed in a single session. You cannot save the quiz and return to it at a later date.

Open: First day of class

Close: Week 12, Friday, 8:00 PM AEST

Please note:

- No late quizzes will be accepted. If you cannot complete the quiz on the due date, complete the quiz earlier in the week.

#### Number of Quizzes

2

#### Frequency of Quizzes

#### Assessment Due Date

Quiz 1: Week 7, Friday, 8:00 PM AEST; Quiz 2: Week 12, Friday, 8:00 PM AEST

#### Return Date to Students

Results are provided at the conclusion of the quiz.

#### Weighting

20%

#### Assessment Criteria

No Assessment Criteria

#### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

#### Submission

Online

#### Learning Outcomes Assessed

- Discuss key psychological aspects relating to sport performance and exercise participation.
- Discuss the importance of leadership in sport and exercise environments.
- Compare and contrast sport and exercise psychology theories.

#### Graduate Attributes

- Critical Thinking
- Information Technology Competence



## 2 Written Assessment

### Assessment Type

Written Assessment

### Task Description

This assessment will cover text chapters, course readings, and course content for exercise and sport psychology topics during weeks one to seven (inclusive). In essay format describe what you believe to be the five personality traits that are the most characteristic of successful leadership; use the research articles provided to support your answer. The citations for the articles are provided on the assessment instructions via Moodle. Please limit your answers to no more than 1000 words.

Please note:

- Extensions will not be given unless extreme circumstances have occurred.
- Extensions will not be given the day an assignment is due.
- Late assessments will incur a point deduction of 5% per day from the original grade.

### Assessment Due Date

Week 9 Friday (12 May 2017) 8:00 pm AEST

### Return Date to Students

Week 11 Friday (26 May 2017)

Friday of week 11

### Weighting

40%

### Assessment Criteria

This assessment item will be graded using an assessment rubric. The assessment rubric details the marking criteria for each section of this assessment. The complete assessment rubric is available on Moodle.

### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

### Submission

Online

### Submission Instructions

Must be submitted via Moodle

### Learning Outcomes Assessed

- Discuss key psychological aspects relating to sport performance and exercise participation.
- Discuss the importance of leadership in sport and exercise environments.
- Compare and contrast sport and exercise psychology theories.

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

## 3 Presentation

### Assessment Type

Presentation

### Task Description

You will give an 8-10 minute presentation on a topic related to exercise and sport psychology. This task requires you to develop a presentation based on the chosen topic and to present the topic via a recorded presentation.

You are required to produce your presentation using PowerPoint and are required to upload your video recording of your PowerPoint presentation via YouTube. No hard copies of CD or DVD's will be accepted.

The presentation should go for no more than 10 minutes. The aim is to present the information in a professional manner. Your presentation should follow the order in which the PowerPoint materials were developed. Ensure your presentation includes a title, your name, university affiliation, headings, and references.

**Submit a working YouTube link to your presentation via a Word document that will be uploaded on Moodle.**

Suggestions for how to make the video recording are on the Moodle page; however, these are only suggestions. If having difficulties please contact information technology (IT) for a resolution.

Please note:

- Extensions will not be given unless extreme circumstances.
- Extensions will not be given the day an assignment is due.
- Late assessments will incur a point deduction of 5% per day from the original grade.
- The instructor must receive an acceptable file (must open). If an unacceptable/corrupt file is submitted you will be graded as if no file has been submitted. It is the student's responsibility to ensure an acceptable file has been submitted.

**Assessment Due Date**

Week 12 Friday (2 June 2017) 8:00 pm AEST

**Return Date to Students**

Exam Week Friday (16 June 2017)

**Weighting**

40%

**Assessment Criteria**

This assessment item will be graded using an assessment rubric. The assessment rubric details the marking criteria for each section of this assessment. The complete assessment rubric is available on Moodle.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Submission Instructions**

You (mixed mode and internal) are required to produce a presentation using multimedia (PowerPoint). You must include a YouTube video and submit the link for viewing the presentation. No hard copies of CD or DVD's will be accepted.

**Learning Outcomes Assessed**

- Discuss key psychological aspects relating to sport performance and exercise participation.
- Compare and contrast sport and exercise psychology theories.
- Apply theoretical and psychological intervention to enhance sport performance or increase exercise adherence in various populations.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

## 4 Practical Assessment

**Assessment Type**

Practical Assessment

**Task Description**

The laboratory sessions for this course are mandatory.

If you are enrolled as an on-campus student in Rockhampton or Mackay you must attend the one day laboratory session on your respective campus.

If you are enrolled as a mixed mode student you must attend the one day residential school on the Rockhampton campus.

**Assessment Due Date**

Dates of required attendance are located on the course schedule and you should confirm the dates via the University timetable.

**Return Date to Students**

NA

**Weighting**

Pass/Fail

**Assessment Criteria**

No Assessment Criteria

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Offline

**Submission Instructions**

Must attend all laboratory sessions.

**Learning Outcomes Assessed**

- Compare and contrast sport and exercise psychology theories.
- Apply theoretical and psychological intervention to enhance sport performance or increase exercise adherence in various populations.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Ethical practice

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



#### Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



#### Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



#### Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem