



ESSC12003 *Exercise and Sport Psychology*

Term 1 - 2018

Profile information current as at 11/04/2024 12:00 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.

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 - 2018

- 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 Student feedback and self-reflection

Feedback

The lecture video quality was poor.

Recommendation

To avoid issues with recording staff will try to ensure this unit is allocated to a more suitable room and should any issues be identified during term, staff will with with ITD to find a solution.

Feedback from Student feedback, self-reflection, and academic staff

Feedback

Visit Mackay earlier in the term.

Recommendation

Staff will consider moving the timing of the visit to Mackay to earlier in the term while ensuring the timing of laboratory activities aligns with unit content to allow for a meaningful laboratory experience.

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

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

Schedule

Week 1 - 05 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Defining exercise and sports psychology: A discipline and profession	1	Quiz 1 Opens: Week 1 Monday (5 March 2018) 10:00 pm AEST Quiz 2 Opens: Week 1 Monday (5 March 2018) 10:00 pm AEST

Week 2 - 12 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Personality and core characteristics of the individual	2, 5, 16	

Week 3 - 19 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Self-confidence and intrinsic motivation	3, 6	

Week 4 - 26 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Goal perspective theory	3, 4	

Week 5 - 02 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Inverted-U theory	7, 8	

Week 6 - 16 Apr 2018

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

Week 7 - 23 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Psychological skills training	11, 12	Quiz 1 Due: Week 7 Friday (27 April 2018) 10:00 pm AEST - Labs for Mackay students (Friday 9:00 am - 3:00 pm) Building 4 Mackay City Campus * Only internal Mackay students can attend the Mackay labs

Week 8 - 30 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Aggression and violence in sport	13, 14	- Labs for Rockhampton and mixed-mode students (Monday 9:00 am - 3:00 pm) Building 81 Rockhampton North Campus

Week 9 - 07 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Team cohesion in sport	15, 18	Personality Traits Most Characteristic of Successful Leadership Due: Week 9 Friday (11 May 2018) 10:00 pm AEST

Week 10 - 14 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Approaches to increase participation in exercise	17	

Week 11 - 21 May 2018

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

Week 12 - 28 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Study week		Quiz 2 Due: Week 12 Friday (1 June 2018) 10:00 pm AEST Presentation Due: Week 12 Friday (1 June 2018) 10:00 pm AEST

Review/Exam Week - 04 Jun 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 11 Jun 2018

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 textbook chapters, unit readings, and unit 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. The quiz is composed of 40 multiple-choice questions and you have 60 minutes to complete the quiz.

Open: Week 1 Monday 10:00 pm AEST

Close: Week 7 Friday 10:00 pm AEST

Quiz 2 (10% of final grade)

This quiz will cover textbook chapters, unit readings, and unit 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. The quiz is composed of 40 multiple-choice questions and you have 60 minutes to complete the quiz.

Open: Week 1 Monday 10:00 pm AEST

Close: Week 12 Friday 10:00 pm AEST

Please note:

- In the absence of an approved extension there will be no late submissions allowed for this assessment item (Quiz 1 and Quiz 2). Extensions will only be given in accordance with CQUni Policy. Extensions must be submitted through the Moodle site.

Number of Quizzes

2

Frequency of Quizzes

Other

Assessment Due Date

Quiz 1 Due: Week 7 Friday (27 April 2018) 10:00 pm AEST; Quiz 2 Due: Week 12 Friday (1 June 2018) 10:00 pm AEST

Return Date to Students

Quiz 1: Week 9 Friday (11 May 2018) 10:00 pm AEST; Quiz 2: Exam Week Friday (15 June 2018) 10:00 pm AEST

Weighting

20%

Assessment Criteria

Quiz 1: Quiz questions will assess understanding of content covered in Weeks one to six (inclusive). Answers will be correct or incorrect and tabulated by the Moodle Online Quiz System.

Quiz 2: Quiz questions will assess understanding of content covered in Weeks seven to eleven (inclusive). Answers will be correct or incorrect and tabulated by the Moodle Online Quiz System.

Referencing Style

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

Submission

Online

Submission Instructions

Online through 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

- Critical Thinking
- Information Technology Competence

2 Personality Traits Most Characteristic of Successful Leadership

Assessment Type

Written Assessment

Task Description

Instructions: After reading the peer-reviewed journal articles provided and completing a literature search of other peer-reviewed journal articles, you are to write an essay describing what you believe to be the five personality traits that are most characteristic of successful leadership. Your chosen personality traits should be supported through information gathered in your literature search.

File Submission: The instructor must receive an acceptable file (.doc or .docx) Word file that is readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUni Policy.

Plagiarism: Please be advised the assignment submission will be checked for plagiarism. Familiarise yourself with the plagiarism policy as identified in the unit profile. Marks will not be allocated for sections that were plagiarised or copied, in line with CQUni Policy.

Word Count: Your essay should be 500 – 1000 words in length. Your title page and reference list is not counted in the word count. In-text citations are included in the word count. Your reference list is the list of references that were cited in text. Please note that penalties will be applied for essays that exceed the required word limit. The penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

Extensions: Extensions will only be given via CQUni Policy. Extensions must be submitted through the Moodle site.

Cover page: Please include a cover page with the assignment title, full task, due date, your name, and student number.

Late Submissions: Please note any assessments submitted late will incur penalties in line with CQUni Policy.

Assessment Due Date

Week 9 Friday (11 May 2018) 10:00 pm AEST

Return Date to Students

Week 11 Friday (25 May 2018)

Weighting

40%

Assessment Criteria

Marks will be awarded on your ability to comprehensively answer the question, your ability incorporate peer reviewed research articles into your answer, and your writing ability. Marks will not be allocated for sections that are plagiarized or copied in line with CQUni Policy. A detailed marking scheme is available on the Moodle site.

Referencing Style

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

Submission

Online

Submission Instructions

Online through 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

Instructions: You will select one of the four presentation topics provided on the assessment instructions located on Moodle. You will then develop and record a PowerPoint presentation with a voice over following the instructions of the topic you chose.

File Submission: The instructor must receive an acceptable file (.wmv) that can be viewed. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUni Policy.

Plagiarism: Please be advised the assignment submission will be checked for plagiarism. Familiarise yourself with the plagiarism policy as identified in the unit profile. Marks will not be allocated for sections that were plagiarised or copied, in line with CQUni Policy.

Length: Your presentation should be 5-8 minutes in length. Please note penalties will apply for presentations that exceed the maximum time limit. The penalty will be 5% of the assignment mark for every 30 seconds exceeding the maximum time limit.

Extensions: Extensions will only be given via CQUni Policy. Extensions must be submitted through the Moodle site.

Cover page: Please include a title slide with the presentation title, due date, your name, and student number.

Late Submissions: Please note any assessments submitted late will incur penalties in line with CQUni Policy.

Assessment Due Date

Week 12 Friday (1 June 2018) 10:00 pm AEST

Return Date to Students

Exam Week Friday (15 June 2018)

Weighting

40%

Assessment Criteria

Marks will be awarded for your ability to clearly identify and summarize your ideas, your ability to demonstrate an understanding of the subject matter, your ability to incorporate peer reviewed research articles into your presentation, and the professionalism of your presentation.

Referencing Style

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

Submission

Online

Submission Instructions

Online through Moodle

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 practical assessment involves attending and participating in the laboratory sessions associated with this unit. During these sessions you will be required to participate in sessions involving exercise. The first laboratory session requires the performance of abdominal planks using associative and dissociation mental strategies. The second laboratory session requires the performance of maximal exercise on a rowing ergometer in the presence and absence of social facilitation. The third laboratory session requires participating in simulated counselling sessions. The laboratory sessions for this unit are compulsory. 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. Dates of required attendance are located on the unit schedule and you should confirm the dates via the University Handbook.

Assessment Due Date

Attendance and participation at compulsory laboratory session and/or residential school as scheduled.

Return Date to Students

Grading will be available at the end of term, upon completion of the Practical Assessment.

Weighting

Pass/Fail

Minimum mark or grade

Pass

Assessment Criteria

This assessment item is based on Pass/Fail grading. If you attend and actively participate in all laboratory sessions (or residential school) you will pass this assessment piece. If you fail to attend any of the laboratory sessions (or residential school) you will fail this assessment piece.

Referencing Style

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

Submission

No submission method provided.

Submission Instructions

No documentation is required to be submitted. You will be required to sign attendance sheets for each laboratory session.

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