



ESSC12003 *Exercise and Sport Psychology*

Term 1 - 2019

Profile information current as at 05/05/2024 06:35 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 will provide you with an understanding of behavioural theories that form the foundation of exercise and sport psychology. You will also learn about the role of exercise, physical activity, and sport in mental health and wellbeing. Upon completion of this unit you will be able to describe factors that influence exercise adherence, goal setting, and participation in physical activity. Further, you will develop introductory counselling and communication skills which will enable you to deliver effective behaviour modification strategies to individuals or groups in exercise or sport settings.

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: ESSC11001 Physical Activity, Fitness, and Health

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 - 2019

- Cairns
- Mackay
- Online
- 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).

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. **Written Assessment**

Weighting: 20%

2. **Written Assessment**

Weighting: 20%

3. **Portfolio**

Weighting: 60%

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 Have Your Say Survey

Feedback

The references provided for the first assessment task were not cohesive.

Recommendation

In the future students will be required to source their own references to complete the assessment.

Feedback from Have Your Say Survey

Feedback

The lecturer made the content easily understandable and told relevant stories to help students understand unit concepts.

Recommendation

The lecturer will continue to attempt to make the lectures enjoyable by incorporating relevant stories/scenarios to present unit content.

Feedback from Self-reflection

Feedback

A few students had difficulties submitting their presentation as their file was too large.

Recommendation

The unit coordinator will explore other file submission format options for the oral presentation.

Unit Learning Outcomes

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

1. Apply behavioural theories that relate to exercise and sport psychology
2. Describe and implement effective goal setting to increase exercise adherence
3. Demonstrate counselling and communication skills expected of an exercise and sport science professional.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

| Assessment Tasks | Learning Outcomes | | |
|------------------------------|-------------------|---|---|
| | 1 | 2 | 3 |
| 1 - Written Assessment - 20% | • | | • |
| 2 - Written Assessment - 20% | • | • | |
| 3 - Portfolio - 60% | | • | • |

Alignment of Graduate Attributes to Learning Outcomes

| Graduate Attributes | Learning Outcomes | | |
|---|-------------------|---|---|
| | 1 | 2 | 3 |
| 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 - Written Assessment - 20% | • | • | • | • | | | | | | |
| 2 - Written Assessment - 20% | • | • | • | • | | | | | | |
| 3 - Portfolio - 60% | • | • | • | • | | • | | | | |

Textbooks and Resources

Textbooks

There are no required textbooks.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- As well as word processing software, students will require Skype and a Skype account.
- Zoom

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 - 11 Mar 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|---------------------------|-----------------|------------------------------|
| Unit Introduction | | |
| Understanding Who You Are | Online readings | |

Week 2 - 18 Mar 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|-----------------|------------------------------|
| Factors That Influence Exercise Participation | Online readings | |
| Motivation | | |

Week 3 - 25 Mar 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|-----------------|------------------------------|
| Influencing Behaviour | | |
| Health Belief Model, Theory Of Planned Behaviour, And Self-Determination Theory | Online readings | |

Week 4 - 01 Apr 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--|-----------------|------------------------------|
| Ecological Perspective | | |
| Transtheoretical Model Of Behaviour Change | Online readings | |

Week 5 - 08 Apr 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|-----------------------|-----------------|--|
| Effective Counselling | Online readings | Written Assessment 1 Due: Week 5 Wednesday (10 Apr 2019) 5:00 pm AEST |

Vacation Week - 15 Apr 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| No Lectures | | |

Week 6 - 22 Apr 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------------|-----------------|---|
| Goal Setting | | |
| Arousal Regulation | Online readings | Portfolio Part 1: Introductory Counselling Video Due: Week 6 Friday (26 Apr 2019) 5:00 pm AEST |

Week 7 - 29 Apr 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|-----------------|------------------------------|
| Addressing Adherence And Compliance Issues In Exercise Prescription | Online readings | |
| Identifying Clients In Need Of Additional Strategies For Behaviour Modification | | |

Week 8 - 06 May 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|----------------------------------|-----------------|---|
| Exercise Throughout The Lifespan | Online readings | Portfolio Part 2: Written Counselling Sessions Due: Week 8 Wednesday (8 May 2019) 5:00 pm AEST |

Week 9 - 13 May 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|---|
| No Lectures | | Written Assessment 2 Due: Week 9 Friday (17 May 2019) 5:00 pm AEST |

Week 10 - 20 May 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| No Lectures | | |

Week 11 - 27 May 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|--|
| No Lectures | | Portfolio Part 3: Live Counselling Session Due: Week 11 Friday (31 May 2019) 5:00 pm AEST |

Week 12 - 03 Jun 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| No Lectures | | |

Review/Exam Week - 10 Jun 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| | | |

Exam Week - 17 Jun 2019

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| | | |

Term Specific Information

The lectures for this unit are scheduled over the first 8 weeks of the term. This intensive schedule will provide 2 lectures per week (each approximately 50 to 80 min in length). This lecture structure was selected to keep lecture lengths shorter, based on previous student feedback, and to ensure you have all the learning material necessary to complete the assessment tasks as per the scheduled due dates.

Assessment Tasks

1 Written Assessment 1

Assessment Type

Written Assessment

Task Description

You will be asked a series of psychology questions that address ESSA requirements covered in unit readings and lecture

content through Weeks 1 to 4, inclusive. The assessment questions are designed to evaluate your ability to apply behavioural theories and demonstrate communication skills to help people become and/or remain engaged in exercise. The assignment will consist of questions requiring written answers. When applicable a word count for each question will be provided in the assessment instructions. Further information about the assessment will be available on Moodle.

File Submission: Upload your file (answers) in a Word document (.doc or .docx). The unit coordinator must receive an acceptable 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 CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Plagiarism: Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

References: References are not required as you should be able to answer all questions from the lecture notes, class discussions, and unit readings. If you wish to include references, use the reference style stated in the unit profile. If you decide to include references, do not reference lecture slides.

Extensions: Extensions will only be granted in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Extension requests must be submitted through the Moodle site.

Cover Page: Please include a cover page containing the assignment title, due date, your name, and student number.

Assessment Due Date

Week 5 Wednesday (10 Apr 2019) 5:00 pm AEST

Return Date to Students

Week 6 Wednesday (24 Apr 2019)

Weighting

20%

Assessment Criteria

Total marks for each question will be specified in the assessment instructions available on Moodle. Marks will be awarded on your ability to apply behavioural theories, demonstrate counselling skills, and, when applicable, adherence to the word count.

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit your assessment as a Word document (.doc or .docx) via the unit Moodle site. All submissions are to be completed individually.

Learning Outcomes Assessed

- Apply behavioural theories that relate to exercise and sport psychology
- Demonstrate counselling and communication skills expected of an exercise and sport science professional.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

2 Written Assessment 2

Assessment Type

Written Assessment

Task Description

You will be asked a series of psychology questions that address ESSA requirements covered in unit readings and lecture content through Weeks 1 to 8, inclusive. The assessment questions are designed to evaluate your ability to implement an effective goal setting strategy and apply psychological principles to help people become and/or remain engaged in exercise. The assignment will consist of questions requiring written answers. When applicable a word count for each question will be provided in the assessment instructions. Further information about the assessment will be available on

Moodle.

File Submission: Upload your file (answers) in a Word document (.doc or .docx). The unit coordinator must receive an acceptable 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 CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Plagiarism: Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

References: References are not required as you should be able to answer all questions from the lecture notes, class discussions, and unit readings. If you wish to include references, use the reference style stated in the unit profile. If you decide to include references, do not reference lecture slides.

Extensions: Extensions will only be granted in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Extension requests must be submitted through the Moodle site.

Cover Page: Please include a cover page containing the assignment title, due date, your name, and student number.

Assessment Due Date

Week 9 Friday (17 May 2019) 5:00 pm AEST

Return Date to Students

Week 11 Friday (31 May 2019)

Weighting

20%

Assessment Criteria

Total marks for each question will be specified in the assessment instructions available on Moodle. Marks will be awarded on your ability to implement an effective goal setting strategy and your ability to apply psychological principles to help people become and/or remain engaged with exercise. When applicable, you will also be assessed on your ability to adhere to the word count.

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit your assessment as a Word document (.doc or .docx) via the unit Moodle site. All submissions are to be completed individually.

Learning Outcomes Assessed

- Apply behavioural theories that relate to exercise and sport psychology
- Describe and implement effective goal setting to increase exercise adherence

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

3 Counselling Portfolio

Assessment Type

Portfolio

Task Description

You will be introduced to introductory counselling techniques which you will be expected to be able to apply in real-world settings. The portfolio is your opportunity to apply the knowledge you have learned in this unit in regard to counselling potential clients. The portfolio will consist of three parts: an introductory counselling video, a written counselling session, and a live counselling session.

Portfolio Part 1: Introductory Counselling Video

For this part of the portfolio, you will create a mock scenario in which you will act as the practitioner to provide counselling advice to a client who wishes to become more active. The client can be a friend, family member, or classmate. In the counselling session, you must demonstrate the ability to apply the principles of motivational interviewing. You will record the counselling session which should range between 5-8 minutes. Following the counselling

session, you will watch your session and using the self-reflection questions provided in your assessment, you will reflect on which aspects of the counselling session went well and which aspects of the counselling session could have been performed better. Further details about this part of the assessment will be provided on Moodle by Week 4.

You must submit two (2) files for this part of the Portfolio assessment:

1) Video file (.wmv, .mp4, or .mov) of your counselling session.

2) Word file (.doc or .docx) containing your self-reflection.

The unit coordinator must receive acceptable files that are viewable/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 CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Due date: Week 6 Friday (26 April 2019) 5:00 PM AEST

Return date: Week 8 Friday (10 May 2019) 5:00 PM AEST

Portfolio Part 2: Written Counselling Sessions

For this part of the portfolio, you will be presented with a case study based on a fictional client, who you will counsel over of a number of weeks. You will be expected to apply psychological principles learned during the term to help the client effectively engage in exercise during the time you are actively serving as their practitioner and to leave them with sound advice on how to best stay engaged with exercise after no longer seeing you as a client. Client information, as well as information about each counselling session (including word count limits), will be provided on Moodle by Week 5. You must submit a Word file (.doc or .docx) with written summaries of each counselling session.

The unit coordinator must receive an acceptable 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 CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Due date: Week 8 Wednesday (8 May 2019) 5:00 PM AEST

Return date: Week 10 Wednesday (22 May 2019) 5:00 PM AEST

Portfolio Part 3: Live Counselling Session

You will be provided with a brief background of a fictional client who is seeking your advice on how to become more actively engaged in exercise.

To complete this part of the portfolio, you will meet with the client (who will be played by a member of the unit teaching staff) via a Skype video conference to provide counselling advice. The counselling session will last approximately 10-15 minutes in which you will be expected to apply the principles of motivational interviewing and be able to apply psychological principles to help the client engage in exercise. Further details about the assessment and client will be available on Moodle by Week 7.

A 'Choice' option will be available on Moodle where you can select a time for the counselling session. The counselling sessions are to occur between Monday, Week 10 until Friday, Week 11. The available sessions times will be allocated on a 'first in first served' basis. Should you require an alternate time between Monday, Week 10 until Friday, Week 11, contact the unit coordinator to discuss options. Requests for alternate times must be accompanied by supporting documentation as to why alternate arrangements are needed.

Due date: A range of times will be available to complete this part of the assessment between Monday of Week 10 and Friday of Week 11. Please use the 'Choice' option to select your time slot. All live counselling sessions are to be completed by 5:00 PM (AEST) Friday (31 May) Week 11. No counselling sessions will be available after 5:00 PM (AEST) Friday (31 May) Week 11 unless an approved extension is granted. Should you not complete this component of the portfolio within the specified timeframe, you will receive a grade of zero (0) for this component of the portfolio.

Return date: Week 12 Friday (7 June 2019) 5:00 PM AEST

There will be no late submissions for this part of the portfolio.

Assessment Due Date

Portfolio Part 1: Introductory Counselling Video due 5:00 PM (AEST) Friday Week 6; Portfolio Part 2: Written Counselling Sessions due 5:00 PM (AEST) Wednesday Week 8; Portfolio Part 3: Live Counselling Session due 5:00 PM (AEST) Friday Week 11.

Return Date to Students

Each component of the portfolio will be returned with feedback within 2 weeks of the due date.

Weighting

60%

Assessment Criteria

Portfolio Part 1: Introductory Counselling Video (30% of portfolio grade)

The introductory counselling video is composed of two parts: a counselling session and a written component. Your counselling video will be assessed on your ability to apply the principles of motivational interviewing. Your written component will be assessed on your ability to answer the questions provided.

Portfolio Part 2: Written Counselling Sessions (30% of portfolio grade)

The written counselling sessions will be assessed on your ability to provide logical and psychologically sound advice to the fictional client depending on the needs of the client based on the program you designed with the client and the

issues the client is facing.

Portfolio Part 3: Live Counselling Session (40% of portfolio grade)

The live counselling session will be assessed on your ability to apply the principles of motivational interviewing and your ability to provide logical and psychologically sound advice to help the client engage in exercise.

A detailed marking rubric will be available on Moodle for each part of the portfolio.

Referencing Style

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

Submission

Online

Submission Instructions

All submissions are to be completed individually.

Learning Outcomes Assessed

- Describe and implement effective goal setting to increase exercise adherence
- Demonstrate counselling and communication skills expected of an exercise and sport science professional.

Graduate Attributes

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

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