

PSYC12050 *Applied Health and Sports Psychology*

Term 2 - 2026

Profile information current as at 08/06/2026 03:00 pm

All details in this unit profile for PSYC12050 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

Health and Sports Psychology are applied and growing fields within the discipline of psychology. They share a common goal of assisting individuals, groups, and high performing teams to optimise their health, functioning and performance. In this unit you will be introduced to the theory and research behind the skills and interventions that are commonly implemented with clients in applied health (e.g. the promotion of health behaviours, applied behaviour change, stress and coping) and sports settings (e.g. motivation and goal setting, recovery and burnout, sports injury rehabilitation). Consistent with the scientist-practitioner approach, you will apply behaviour change principles to the development and evaluation of an intervention for a personal health behaviour or habit. You will use your oral communication skills to present the results of this evaluation, and your written communication skills to discuss an important topic within health and sports psychology to a wider non-academic audience.

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

24 credit points including PSYC11010 or PSYC11009 OR 48 credit points including ESCC12003 in CG85.

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 2 - 2026

- Bundaberg
- Cairns
- 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: 30%

2. Presentation

Weighting: 30%

3. Written Assessment

Weighting: 40%

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 via SUTE

Feedback

Students asked to see all weekly tiles in Moodle, so they can prepare better for the upcoming term.

Recommendation

To support student preparation for the upcoming term, the unit coordinator will make more weekly tiles (and content) available in 2026 than in 2025.

Feedback from Student feedback via SUTE

Feedback

Students indicated Week 1 was not clear and recommended an update of this content.

Recommendation

The unit coordinator will work to develop a new opening lecture for Week 1 content, to clearly set up the expectations for the upcoming term.

Unit Learning Outcomes

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

1. Explain the application of key psychological principles to health and sports psychology.
2. Critically analyse the influence that psychological factors have on the behaviour, performance, and level of participation of both individuals and groups in health, sport and exercise environments.
3. Apply scientific understanding of evidence-based research in the fields of health and sports psychology.

This unit will help achieve several of the graduate competencies required by the Australian Psychological Accreditation Council (APAC). Namely:

- Competency 1.1: Comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach covering the specific topics of (i) the history and philosophy underpinning the science of psychology and the social, cultural, historical and professional influences on the practice of psychology; (ii) individual differences in capacity, behaviour and personality; (iii) psychological health and well-being; and (vii) motivation and emotion.
- Competency 1.2: Apply knowledge and skills of psychology in a manner that is reflexive, culturally appropriate and sensitive to the diversity of individuals.
- Competency 1.3: Analyse and critique theory and research in the discipline of psychology and communicate these in written and oral formats.
- Competency 1.6: Demonstrate self-directed pursuit of scholarly inquiry in psychology.

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level ● Introductory Level ● Intermediate Level ● Graduate Level ◦ Professional Level ◦ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks

Learning Outcomes

1 - Written Assessment - 30%

1	2	3
●		●

Assessment Tasks**Learning Outcomes**

	1	2	3
2 - Presentation - 30%	•	•	
3 - Written Assessment - 40%		•	•

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 - First Nations Knowledges			
11 - Aboriginal and Torres Strait Islander Cultures			

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
 This information will be available on Monday 22 June 2026

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