



# PSYC13025 *Applied Sports Psychology*

## Term 1 - 2019

Profile information current as at 03/05/2024 01:00 pm

All details in this unit profile for PSYC13025 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 examines sports psychology as a theoretical and applied discipline. In this unit, you will learn psychological theories, concepts, practical skills and intervention techniques that can be applied to sport. This will provide you with an understanding of how psychological factors impact involvement, enjoyment, and performance in sport. Throughout this unit you will have the opportunity to develop and apply practical skills and interventions in a real world sporting context.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

Successful completion of 96 credit points (16 units).

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

- Adelaide
- Bundaberg
- Online
- Rockhampton
- Townsville

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

Weighting: 15%

#### 2. **Presentation**

Weighting: 45%

#### 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 Moodle & Email

##### Feedback

Assessment Requirements Students wanted further clarification with the literature review component of Assessment 2.

##### Recommendation

An additional information session will now be included in week 4 of Term.

## Unit Learning Outcomes

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

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

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Quiz(zes) - 15%	•		•
2 - Presentation - 45%	•	•	
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	•	•	

Graduate Attributes	Learning Outcomes		
	1	2	3
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) - 15%		•	•	•						
2 - Presentation - 45%	•	•	•	•						
3 - Written Assessment - 40%	•		•	•						

## Textbooks and Resources

### Textbooks

PSYC13025

#### Prescribed

**Routledge Handbook of Applied Sport Psychology: A comprehensive guide for students and practitioners** (2013)

Authors: Stephanie J. Hanrahan and Mark B. Andersen

Routledge

Abingdon, Oxon , Oxon , England

ISBN: 9780415484640

Binding: Other

#### Additional Textbook Information

Copies can be purchased from the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

[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

**Michele Lastella** Unit Coordinator

[m.lastella@cqu.edu.au](mailto:m.lastella@cqu.edu.au)

## Schedule

### Week 1 - 11 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Sports Psychology Motivation and Goal Setting	Chapter 51	

### Week 2 - 18 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
Imagery, Concentration and Attention	Chapter 50 and 52	

### Week 3 - 25 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
Time Management, Confidence and Self-talk	Chapter 53, 54, 55	Quiz Opens End of Week 3 (29/03/19) Closes 9:00 am Monday of Week 4 (01/04/19)

### Week 4 - 01 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
Psychological Assessment	Chapter 11 and 12	

### Week 5 - 08 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
Sleep Life Skills	Chapter 18 and 29	

### Vacation Week - 15 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
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### Week 6 - 22 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
Theoretical and Therapeutic Models Pt 1.	Chapter 13, 14, and 15	

### Week 7 - 29 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
Theoretical and Therapeutic Models Pt 2.	Chapter 16, 17, 20, and 21	

### Week 8 - 06 May 2019

Module/Topic	Chapter	Events and Submissions/Topic
Overtraining, Recovery, and Burnout	Chapter 31	Literature Review and Oral Presentation - Due 9:00 am Monday of Week 9 (13/05/19)

Week 9 - 13 May 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Resilience, Gratitude, and Mindfulness	Chapter 57	
Week 10 - 20 May 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Drug Abuse in Sport	Chapter 23	
Week 11 - 27 May 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Athlete Identity, Career Transition, and Sports Injury Rehabilitation	Chapters 30, 25, and 26	
Week 12 - 03 Jun 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Year in Review		Written Assessment - Due 9:00 am Monday of Week 13 (10/06/19)
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

## Assessment Tasks

### 1 Online Quiz

#### Assessment Type

Online Quiz(zes)

#### Task Description

##### Task Description

**This Quiz covers content from Weeks 1 to 3 (inclusive). Both lecture, workshop and associated text book readings (plus additional readings) are examinable. The total number of correct answers will be converted to a weight of 15% of the total unit assessment. Quiz questions are multiple-choice format. The Quiz will be available until 09:00 AM of the due date.**

#### Number of Quizzes

1

#### Frequency of Quizzes

Other

#### Assessment Due Date

The Quiz will close at 09:00 AM 26/03/2018

#### Return Date to Students

Feedback provided upon completion of the quiz

#### Weighting

15%

#### Assessment Criteria

No Assessment Criteria

#### Referencing Style

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

**Submission**

Online

**Learning Outcomes Assessed**

- Explain the relationship and application of key psychological principles and theories to sport and exercise
- Apply scientific understanding of evidence based research in the field of sports psychology.

**Graduate Attributes**

- Problem Solving
- Critical Thinking
- Information Literacy

## 2 Literature Review and Oral Presentation

**Assessment Type**

Presentation

**Task Description****Assessment Details**

**The purpose of this assessment is to help you develop an in-depth understanding of a topic in sports psychology of your choice and present a pre-recorded mini-presentation (5-7 mins). There are no restrictions on your research topic (if you have any concerns don't be afraid to ask). This assessment consists of two parts: a Literature Review and an Oral Presentation**

**Literature Review Task (30%)**

**Your task is to write a literature review of a chosen topic, describe what it is, why it is important, and to provide critical analysis of peer-reviewed research articles. It is essentially an assessment of the literature and provides a summary, classification, comparison and evaluation.**

**Oral Presentation (15%)**

**The oral presentation should be relatively easy to put together once you have completed your literature review. This gives you an opportunity to consolidate what you have learnt, and reach out to an audience.**

**Assessment Due Date**

Due 9:00 AM 08/05/2018

**Return Date to Students**

2 weeks from due date 2 weeks from due date consistent with University Policy

**Weighting**

45%

**Assessment Criteria****Assessment 2 (weight total 45%)****Literature Review (weight 30%) & Oral Presentation (weight 15%)****Literature Review (100 marks)****Title/abstract (15 marks)**

· Concise and accurately summarises the topic addressed, meets APA (6th ed.) format specifications for abstract and title length

**Body (60 marks)**

- On topic, concise and develops argument
- Research led arguments
- Referenced where appropriate (in-text)
- Evidence of critical evaluation and discussion of material
- Not too many direct quotes (i.e., maximum of two, brief, quotes)

**References (15 marks)**

- 10 or more, majority peer-review Journal Articles
- Correct APA format in-text and reference list
- In-text and reference list match exactly

**Style/Presentation (10 marks)**

- Grammar, spelling and sentence structure
- Overall readability, flow of writing
- Appropriate use of sub-headings

**Oral Presentation (100 marks)****Organization (20 marks)**

- The type of presentation is appropriate for the topic and audience.
- Information is presented in a logical sequence.
- Level of preparation is clear and well set-out

**Content (50 marks)**

- Introduction is attention-getting, lays out the problem well, and establishes a framework for the rest of the presentation.
- Technical terms are well-defined in language appropriate for the target audience.
- Presentation contains accurate information.
- Material included is relevant to the overall message/purpose.
- Appropriate amount of material is prepared, and points made
- Relevant examples reflect well their relative importance.
- There is an obvious conclusion summarizing the presentation.

**Presentation (30 marks)**

- Speaker maintains good eye contact with the audience and is appropriately animated (e.g., gestures, moving around, etc.).
- Speaker uses a clear, audible voice.
- Delivery is poised, controlled, and smooth.
- Good language skills and pronunciation are used.
- Visual aids are well prepared, informative, effective, and not distracting.
- Length of presentation is within the assigned time limits.

**Referencing Style**

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

**Submission**

Online

**Learning Outcomes Assessed**

- Explain the relationship and application of key psychological principles and theories to sport and exercise
- Critically analyse the influence psychological factors have on the behaviour, performance, and level of participation of both individuals and groups in sport and exercise environments

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

### 3 Written Assessment: The Conversation Piece

**Assessment Type**

Written Assessment

**Task Description****Assessment Details**

**The purpose of this assessment is to present an in-depth understanding of a current sports psychological issue that is supported by psychological theory.**

**Assessment Due Date**

Due 9:00 AM 08/05/2018



## **Return Date to Students**

Returned during Exam Week

### **Weighting**

40%

### **Assessment Criteria**

#### **The Conversation Piece**

##### **Title (5 marks)**

- Creative, catchy title that represents the topic addressed
- Concise and accurately summarises the topic addressed

##### **Body (25 marks)**

- On topic, concise and develops argument
- Position of written piece clearly identified
- Research led arguments
- Identifies gap or relevant to contemporary sports psychological issues
- Evidence of critical evaluation and discussion of material
- Not too many direct quotes (i.e., maximum of two, brief, quotes)

##### **References (5 marks)**

- Correct APA format in-text and reference list
- In-text and reference list match exactly

##### **Style/Presentation (5 marks)**

- Grammar, spelling and sentence structure
- Overall readability, flow of writing
- Appropriate use of sub-headings

### **Referencing Style**

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

### **Submission**

No submission method provided.

### **Learning Outcomes Assessed**

- Critically analyse the influence psychological factors have on the behaviour, performance, and level of participation of both individuals and groups in sport and exercise environments
- Apply scientific understanding of evidence based research in the field of sports psychology.

### **Graduate Attributes**

- Communication
- Critical Thinking
- Information Literacy

## 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