Prerequisite: EXERSCI 204 or SPORTSCI 204, or 45 points at Stage II or III

Who should take this course?

This course provides an introduction to the study of psychology as it relates to human behaviour and performance in sport settings. During the course, we will examine how practice and competition environments give rise to psychological states (e.g., motivation, anxiety, fatigue) that impact on motor learning, visuo-motor control and sport performance. In addition, we will review evidence for the use of several psychological skills (e.g., arousal regulation, attention control, goal-setting, imagery, thought control) and apply models of psychological skills training to design evidence-based interventions that aim to improve performance in individual athletes and sport teams.

Learning Outcomes

Upon completing this course, you will be able to:

1. Illustrate how psychological factors influence motor control and performance in sports
2. Recognize different psychological skills and explain how a psychological skills training program may help to optimize individual and team performance in sports
3. Synthesize evidence and apply knowledge about psychological factors and performance to design evidence-based sport-psychological interventions

Learning and Teaching

Students are expected to read course literature, attend one two-hour lecture per week, work on course assignments, and – across the semester – participate in five two-hour tutorial sessions.

- The lectures are divided in 4 modules, covering: i) motivation, motor-learning and control; ii) psychological factors; iii) psychological skills; and iv) team performance.
- The tutorials will require you to put your learning to practice and will support you as you work your way through the course’s main assignments: (i) optimizing motivational climate in practice and competition; (ii) considering characteristics of the individual performer;
(iii) developing a psychological skills training program; and (iv) integrate and present your work in a poster presentation.

**Teaching Staff**

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**Assessment***

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Mid-Term Exam</td>
<td>10%</td>
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<tr>
<td>Intervention Projects</td>
<td></td>
</tr>
<tr>
<td>Report 1 (motivational climate)</td>
<td>10%</td>
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<tr>
<td>Report 2 (individual characteristics)</td>
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<tr>
<td>Report 3 (psychological skills training)</td>
<td>10%</td>
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<tr>
<td>Poster Presentation</td>
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<tr>
<td>Final Exam</td>
<td>50%</td>
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*subject to change

**Course Literature**

2. Selected journal articles

Please expect ~2-3 hours of reading time for each lecture.  
*subject to change

**Student Feedback**

Feedback for the year 2020 has been very positive (83%).

30.03.2021