EXERSCI 304
Sport Psychology
(15 points)
(Semester 2, City Campus)

Prerequisite: EXERSCI 204 or SPORTSCI 204, or 45 points at Stage II, III in Psychology with a B- average or higher

Who should take this course?

If you feel excited about the psychological aspect of sport performance this is definitely your course. This course examines the psychological factors that influence behaviour and performance in sport settings. The individual performer is the major consideration but team performance is also addressed. The course is designed to: (1) introduce you to the field of sport psychology by providing a broad overview of the major topics in the area, and (2) provide you with hands-on experience as you conduct your own sport psychological study.

Learning Outcomes

1. To understand how psychological factors may influence motor control and affect sports performance
2. To understand how psychological skills (training) may help to optimize individual and team performance
3. To develop competency in applying knowledge gained during the course and performing and reporting an actual sport psychological study

Learning and Teaching

Students are expected to attend two lectures and one 2-hour tutorial session per week.

The lectures are divided in 5 blocks, covering: i) motivation and performance; ii) psychological states and motor control; iii) personality, talent development and overtraining; iv) psychological skills and coping effectiveness; and v): team performance.

The tutorials will provide you with hands-on research experience by asking you to develop and perform your own sport psychological study on one of the course’s main themes. Research project groups will be established to facilitate this process.
Teaching Staff

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Assessment*

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<tr>
<th>Assessment</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Mid-Term Exam</td>
<td>20%</td>
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<tr>
<td>Group Research Project</td>
<td>30%</td>
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<tr>
<td>Report</td>
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<tr>
<td>Presentation</td>
<td>10%</td>
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<tr>
<td>Final Exam</td>
<td>40%</td>
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*subject to change

Course Literature

2. Selected journal articles

Student Feedback

Feedback for the year 2018 has been very positive (92%).

08.11.2018