EXERSCI 304

Sport Psychology
(15 points)

(Semester 2, City Campus)
Prerequisite: EXERSCI 204 or SPORTSCI 204, or 45 points at Stage II in Psychology with at least a B- average grade

Who should take this course?
If you feel excited about the psychological aspect of sport performance and rehabilitation this is unquestionably your course. This course examines the psychological factors that influence behaviour and performance in sport settings. Throughout the course we will examine psychological theories and research related to sport behaviour. The individual performer is the major consideration but group influences on individual performance is also considered. We will also explore the psychological aspects in the recovery process from a sport-related injury. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area.

Learning Outcomes
1. Understand of how psychological factors influence an athlete’s performance and how a group of people influences on individual performance
2. Understand the psychological aspects in the recovery process from a sport-related injury
3. Apply different psychological methods and skills to enhance the athletes, performance, the group performance and the rehabilitation process from a sport-related injury

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

Teaching Staff - TBA

Email: exercise-sciences@auckland.ac.nz

Assessment*

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<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Tutorials</td>
<td>30%</td>
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<td>Learning portfolio</td>
<td>30%</td>
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<tr>
<td>Presentation</td>
<td>5%</td>
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<tr>
<td>Final exam</td>
<td>40%</td>
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*subject to change
**Recommended Textbooks**


**Student Feedback**

Feedback for the year has been positive.