



Faculty of Arts and Social Sciences  
Sports Science

# Syllabus

## Sport Psychology

<b>Course Code:</b>	IDGB11
<b>Course Title:</b>	Sport Psychology <i>Idrottspsykologi</i>
<b>Credits:</b>	7.5
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has only upper-secondary level entry requirements (G1N)

**Major Field of Study:**  
IVA (Sports Science)

### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-02-13, and is valid from the Autumn semester 2020 at Karlstad University.

### Prerequisites

General admission requirements

### Learning Outcomes

Upon completion of the course, students should be able to:

- give an account of basic concepts such as cognition, emotion, and sociality,
- give an account of relevant theories and methods in the field of sports psychology,
- give an account of socio-psychological processes that constitute, sustain, and dissolve groups, and of the importance of group processes in sports,
- relate individual cognitive, emotional, and social development to sports and health promotion activities, and

- apply behavioural theories to sports and health promotion activities.

### **Content**

The course deals with basic concepts and theories of relevance to the knowledge of cognitive development, especially in the field of social psychology. The focus is on the individual athlete's cognitive, emotional, and social development and on the importance of group composition and team spirit to sports and health promotion. The course is based on theories on social interaction and group dynamics with respect to issues related to different forms of sports and health promotion activities.

Instruction is in the form of lectures, group work, and literature seminars.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a written individual take-home exam, presented and discussed in a seminar.

If students have a decision from Karlstad University entitling them to special pedagogical support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

### **Grades**

One of the grades Fail (U), Pass (G), or Distinction (VG) is awarded in the examination of the course.

### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

### **Course Certificate**

A course certificate will be provided upon request.

### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.