



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Applied Sport Psychology

Course Code:	IDGB12
Course Title:	Applied Sport Psychology <i>Tillämpad idrottspsykologi</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

Major Field of Study:
IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-02-25, and is valid from the Autumn semester 2020 at Karlstad University.

Prerequisites

30 ECTS credits completed in the Sport Science/Sport Coaching Programme (SGIDV) or the Sports and Health Coaching Programme (SGIHP), or equivalent

Learning Outcomes

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

- give an account of and explain concepts in the fields of performance psychology and sports psychology,
- give an account of and explain mental phenomena and processes that affect the individual's sports or exercise performance,
- explain the correlation between physical activity and mental health/illness,

- give an account of different methods for training mental capacity,
- give an account of how sports psychological theories and methods can be used hands-on in sports and health promotion activities,
- critically analyse theories in the area of performance psychology, and
- describe and analyse evidence-based mental techniques, methods, and theories linked to sports and health-related activities for individuals and groups.

Content

The course deals with how different behaviours and cognitive factors relate to the development of the individual athlete and how different cognitive processes (e.g. performance anxiety, nervousness, stress) affect the performance as well as the motivation to engage in sports and health promotion activities. The course is based on theories related to the sports psychology field, especially performance psychology and theories on motivation, personality, and stress. Different mental techniques and forms of mental training are discussed as confidence boosters and stress reducers along with ways to make individuals develop suitable activity/exercise habits and routines to maintain or improve their psychological health.

Instruction is in the form of lectures, group work, literature seminars, and demonstrations of methods in sports and health promotion.

Reading List

See separate document.

Examination

Assessment is based on active participation in a literature seminar and a written individual hand-in assignment 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 Distinction (VG), Pass (G), or Fail (U) 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.