



Faculty of Health, Science and Technology
Sports Science

Syllabus

Course Approval

The syllabus was approved by the Faculty Board of Health, Science and Technology on 4 June 2013, and is valid from the Autumn semester of 2013 at Karlstad University.

Course Code: IDGBB2

Applied Sport Psychology, 7.5 ECTS Credits

(Tillämpad idrottspsykologi, 7.5 Swedish credit points)

Degree Level: Bachelor

Progressive Specialisation: G1F (First cycle, has less than 60 credits in first-cycle course/s as entry requirements)

Language of Instruction

Swedish

Prerequisites

Sports Science I, 30 ECTS cr and Sport Science II, 30 ECTS cr, or equivalent sports and health related qualifications. Health and Wellness Programme students: 90 ECTS cr (semesters 1-3); Nursing Programme students: 60 ECTS cr (semesters 1-2)

Major Field of Study

IVA (Sports Science)

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 settings,
- critically analyse theories in the area of performance psychology,
- describe and analyse evidence-based mental techniques, methods and theories linked to sports and health related activities for individuals and groups.

Content and Form of Instruction

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

The course deals with how different cognitive factors relate to the development of the sporting individual 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 mental/psychological health

Reading List

See separate document.

Examination

Assessment is based on literature seminars, written hand-in assignments and demonstrations, individually or in groups.

Grades

One of the grades Fail (U), Pass (G), or Distinction (VG) is awarded in the examination. Assessment criteria for the grade Distinction are specified in the study guide.

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 assessment is based on student views and experiences as reported in written course evaluations and/or group discussions. Students will be informed of the result of the evaluation and of the measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional Information

Students who enrolled before 1 July 2007 will complete their studies in accordance with the requirements of the earlier admission. Upon completion students may request degree and course certificates to be issued under the current ordinance if they meet its requirements.

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

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