



## Psychology of Sport and Exercise – KNES 204

### Kinesiology Program

### Course Outline

COURSE IMPLEMENTATION DATE: January 2009  
OUTLINE EFFECTIVE DATE: September 2020  
COURSE OUTLINE REVIEW DATE: March 2025

---

#### GENERAL COURSE DESCRIPTION:

This course provides insight into the theories, subject matter, and recent research concerning the cognitive processes and emotional states that regulate and influence performance in sports, exercise, and other physical activity. An examination of aggression, cohesion, self-talk, motivation and mental training as they relate to human performance will be conducted.

---

**Program Information:** This is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

---

**Delivery:** This course is delivered face to face.

**COTR Credits:** 3

**Hours for this course:** 45 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

**Course Outline Author or Contact:**

Steve Kamps, BPE, MKin

\_\_\_\_\_  
Signature

**APPROVAL SIGNATURES:**

Department Head  
Sandi Hill  
E-mail: [shill@cotr.bc.ca](mailto:shill@cotr.bc.ca)

Dean of Health and Human Services  
Heather Hepworth  
E-mail: [hepworth@cotr.bc.ca](mailto:hepworth@cotr.bc.ca)

\_\_\_\_\_  
Department Head Signature

\_\_\_\_\_  
Dean Signature

EDCO

Valid from: September 2020 – March 2025

\_\_\_\_\_  
Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Either PSYC 101 or PSYC 151 or 18 credits of Kinesiology courses.

**Corequisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta, and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** HKIN 204 ⇔ ⇔ KNES 204

**Date changed:** September 2012

**COURSE EQUIVALENCE:** Credit can be awarded for PSYC 264 or KNES 204 but not for both.

## **Textbooks and Required Resources:**

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Weinberg, R.S. & Gould, D. (2007). *Foundations of Sport & Exercise Psychology*, (7<sup>th</sup> ed.). Champaign, IL: Human Kinetics.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

---

## **LEARNING OUTCOMES:**

Upon the successful completion of this course, students will be able to

- demonstrate knowledge of the basic principles and concepts of sport and exercise psychology;
  - demonstrate knowledge regarding the psychological techniques that may enhance sport and exercise performance;
  - demonstrate knowledge and understanding of theory and research in sport and exercise psychology;
  - evaluate the merit of this information;
  - appreciate the nature and value of sport and exercise psychology;
  - apply the knowledge of this field to one's own life;
  - aid in the development of students' critical thinking skills; and
  - demonstrate enhanced written and communication skills.
- 

## **COURSE TOPICS:**

- **Introduction to Sport Psychology and Research**
- **Understanding Participants**
  - Personality & Sport
  - Motivation
  - Arousal, Stress & Anxiety
- **Understanding Sport & Exercise Environments**
  - Competition & Cooperation
  - Feedback, Reinforcement & Intrinsic Motivation
- **Understanding Group Processes**
  - Group & Team Dynamics
  - Group Cohesion
  - Leadership
  - Communication

- **Enhancing Performance**
  - Intro to Psychology Skills Training
  - Arousal Regulation
  - Imagery
  - Self-Confidence
  - Goal Setting
  - Concentration
  
- **Enhancing Health & Well Being**
  - Exercise & Psychology – Well-Being
  - Exercise Behavior & Adherence
  - Athletic Injuries & Psychology
  - Addictive & Unhealthy Behaviors
  - Burnout & Over Training
  
- **Facilitating Psych Growth & Development**
  - Children’s Psychology Development Through Sport
  - Aggression in Sport & Audience Effects
  - Character Development & Sportsmanship

*See instructor’s syllabus for the detailed outline of weekly readings, activities, and assignments.*

---

**EVALUATION AND ASSESSMENT:**

Assignments	% Of Total Grade
Assignments	50%
Midterm Exam	20%
Final Exam	<u>30%</u>
Total	100%

*Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

---

**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of “0” for the exam.

---

## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

---

## ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating, and plagiarism.

---

## COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.