

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 1150: Sport and Exercise Psychology

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2 h + Seminar 0 h + Lab 2 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

This course provides an overview of the field of applied sport and exercise psychology. Students demonstrate their knowledge by applying mental skills to real world sport and exercise settings. Students also use their developing knowledge of mental skills, and strategies from the course to inform reflections and decisions about their mental strengths and challenges during sport and exercise performance. They devise a mental skills plan for personal growth and enhanced performance in a sport and exercise setting.

Prerequisites: One of KINS 1101, ENGL 1100, ENGL 1225, ENGL 1127, or ENGL 1128

Corequisites: None

Learning Outcomes:

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

- Explain, apply, and critically examine applied sport and exercise psychology theory, constructs, and knowledge;
- Apply knowledge of mental skills and strategies to real world sport and exercise settings;
- Develop a reflective practice via experiential mental skills lab experiences;
- Connect mental skills experiences to sport and exercise psychology literature;
- Construct and practice scientific writing to communicate understanding of the mental skills in real world and sport settings.

Instructor(s): TBA

Office: TBA

Phone: 604 323 XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Crocker, P. "Sport and Exercise Psychology". Toronto. 2016.

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam 30%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 20%

Assignments: 30%

Lab work: 20%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: D

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Personality in Sport and Exercise
Motivation and Behavioural Change in Sport and Exercise
Stress, Emotion, and Coping; Anxiety in Sport and Exercise
Aggression and Moral Behaviour in Sport and Exercise
Leadership in Sport and Exercise
Sport Psychology Interventions
Group Cohesion in Sport and Exercise
Youth Involvement & Positive Development in Sport
Aging and Involvement in Sport & Physical Activity
Body Image in Sport and Exercise
Physical Activity and Mental Health
Physical Activity Interventions

This generic outline is for planning purposes only.

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

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