

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on NTULearn by the individual lecturers. **DO NOT** purchase textbooks based on the information contained in this document.

SS1106 Psychosocial Aspects of Sport and Exercise

[Lectures: 24 hours; Tutorials: 12 hours; Pre-requisites: N/A; Academic Unit: 3.0]

This is an introductory course on exercise and sport psychology. The focus of this course is on the social and psychological aspects of sport and exercise. Topics covered include personality, motivation, stress and coping, aggression, moral development, team building and cohesion, competition, and leadership. Emphasis will be on the role of sport psychology in influencing participants' cognition, emotion, and behaviour in physical activity and sport settings.

Learning Objective

Upon completion of this course, the student should be able to demonstrate the following:

- To understand the personal and situational factors that influence participation and behaviour in sport, exercise, and physical activity;
- To understand the sport and exercise environment and nature of groups;
- To understand the psychological and social outcomes of participation in sport and physical activity;
- To understand the roles that sport professional and coaches play in facilitating the psychological growth and development of athletes and participants.

Content

This course introduces exercise and sport psychology at an introductory level.

- Key psychological concepts in exercise and sport settings
- Psychological and social outcomes of participation in sport and physical activity
- The role of sport psychology in influencing participants' cognition, emotion, and behaviour in physical activity and sport settings

Course Outline

S/N	Topic	Lecture Hours	Tutorial Hours
1	Course Administration and Introduction	2	1
2	Personality and Sport	2	1
3	Motivation: Achievement Motivation	2	1
4	Motivation: Intrinsic and Extrinsic Motivation	2	1
5	Arousal, Stress, and Anxiety	2	1
6	Character Development through Sport	2	1
7	Group/Team Dynamics	2	1
8	Cohesion	2	1
9	Competition and Co-operation	2	1
10	Leadership	2	1
11	Communication	2	1
12	Aggression	2	1

Learning Outcome

Students will learn key psychological concepts in exercise and sport setting at an introductory level. With that students are able to understand psychosocial factors that relate to the quality and outcome of sport and exercise participation.

Student Assessment

Students will be assessed by:

- a. Continuous assessment (100%)
 - i) **Written Test.** Written test(s) will be conducted to evaluate students' knowledge and understanding of topics they learn in the course. (40%)
 - ii) **Assignment.** Task(s) will be assigned to students to practice the principles they learn in the class. (30%)
 - iii) **Project.** Students are expected to work on practical project(s) to apply the key psychosocial concepts and theories in exercise and sport settings. (30%)

Textbooks/References

- a. Papaioannou, A. G., & Hackfort, D. (Eds.). (2014). *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts*. New York: Routledge.
- b. Weinberg R. S., & Gould, D. (2015). *Foundations of sport and exercise psychology* (6th ed.). Champaign, IL: Human Kinetics.