

## SPORT AND PERFORMANCE PSYCHOLOGY: PSYC 3301R

<b>Course</b>	PSYC 3301R
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<b>Term</b>	Summer 2019
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### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

My name is [Matthew Sorley](#) and I'm an Instructor with the Department of Psychology. I'm looking forward to working with you on understanding performance excellence and how psychological skills can be used to create conditions that help us to thrive.

Few domains of human activity receive more attention than the world of sport. Of interest to psychologists is the potential to understand and improve athletic performance but also to promote the enjoyment of sport and exercise activity. In this course you'll consider how psychological factors influence the pursuit of excellence across sport and performance environments. Topics include self-confidence, goal-setting, imagery, arousal regulation, exercise behaviour and adherence, group dynamics, and coaching and leadership. This course also examines the psychological characteristics of peak performance and how athletes experience & recover from injuries. From my perspective, this couldn't possibly be more fun.

You'll be working with the course material via a series of guided multimedia modules including brief video segments and active learning exercises. An emphasis will be placed on applying the material to specific situations, including those that are personally meaningful.

This course is completely online and available 24 hours a day, 7 days a week. This affords considerable flexibility in terms of where and when you'll connect with the material. However, without the pressure to attend a physical classroom at a specified time, it's natural to procrastinate and this can significantly compromise your success and enjoyment. Know that the course is structured such that it is very difficult to succeed unless you are working on a consistent basis throughout term. This is especially important given the compressed nature of the summer term. Therefore, be thoughtful in making the decision on whether the course is right for you. Numerous tips for succeeding in an online course will be offered early on.

### EVALUATION

Learning will be assessed via exams and a major writing assignment. All activity will culminate with the development of a personalized, evidence-based psychological skills training plan that enhances your process, facilitates performance excellence, and promotes satisfaction in a context that is personally meaningful. That's right, you'll be developing a plan for yourself. The plan will be different from a standard academic paper, in that you'll have an opportunity to incorporate a variety of multimedia elements including graphics, videos, and other digital artifacts.

### TEXT

Crocker, P.R.E. (Ed.). (2016). *Sport and exercise psychology: A Canadian perspective* (3rd ed.). Toronto: Pearson. New, used, rental, and digital copies of the book will be available via the Carleton University Bookstore.