

PSYC 3301 B : SPORT AND PERFORMANCE PSYCHOLOGY

Instructor	Katie Gunnell
Term	Winter 2025
Delivery	In-Person
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COURSE DESCRIPTION/INSTRUCTORS STATEMENT

When you hear the term “sport psychology” you likely picture elite athletes working with sport psychologists. This is just a fraction of what people working in the field of sport and exercise psychology focus on. In this course, you will be introduced to the wide variety of topics that sport and performance psychologists focus on. Example topics include motivation, group dynamics, anxiety, aggression leadership, youth sport, coaching, emotional and self-regulation, and body image. You will learn about theoretical models, core concepts, and the most up-to-date research on sport and performance psychology.

EVALUATION (SUBJECT TO CHANGE)

This course will be in-person. Evaluations will be based on numerous types of assessments (e.g., written assignments, midterms, exam etc.).

TEXT (SUBJECT TO CHANGE IF A NEW EDITION IS RELEASED)

Crocker, P.R.E., Sabiston, C., & McDonough M. (Eds.). (2023). Sport and exercise psychology: A Canadian perspective (5th ed.). Toronto: Pearson. New, used, rental, and digital copies of the book will be available via the Carleton University Bookstore.