

PSYC 3301 B : SPORT AND PERFORMANCE PSYCHOLOGY

Instructor	Dr. Kavita Prakash
Term	Winter 2024
Course Delivery	In person
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Office Location	TBD
Office Hours	TBD

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course provides an overview of both individual and group behaviour within the context of physical activities and sports. An emphasis will be placed on understanding psychological concepts which are pertinent to optimal sports performance. This may include motivation, visualisation, goal setting, perseverance, and positive thinking, to name a few. A connection will also be made between these mental skills for optimal sport performance as well as success and happiness in your own general life. This course does not require that you have had competed or trained as an athlete at any level, but it does invite you to come learn about the sport culture.

EVALUATION (SUBJECT TO CHANGE)

Assignments:	Weight of Grade
Mid term Exam	50%
10 Weekly Personal Reflection Assignments (worth 2.5% each)	25%
Final project	25%

TEXT

Crocker P., Sabiston C., & McDonough, M. (2021). *Sport and Exercise Psychology: A Canadian Perspective, 4th edition*. Pearson, Canada.

Note: this is an etextbook ISBN:9780137596256