

PSYC 3301R: SPORT AND PERFORMANCE PSYCHOLOGY

Course	PSYC 3301R: Sport and Performance Psychology
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Term	Winter 2021
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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. 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.

EVALUATION

Learning will be assessed via a) several quizzes, and b) the development of a personalized, evidence-based psychological skills training plan that is submitted in stages. The training plan will be focused on enhancing your process, facilitating performance excellence, and promoting satisfaction in a context that is personally meaningful. Plus, you'll have an opportunity to incorporate a variety of multimedia elements including graphics, links, videos, and other digital artifacts. To make this happen, we'll be using [cuPortfolio](#), Carleton's electronic portfolio system.

TEXT

Revel for Crocker, P, Sabiston, C., & McDonough, M. (Eds.). (2021). *Sport and exercise psychology: A Canadian perspective - Access card (4th edition)*: Pearson. ISBN-13: 978013516810.

Students will be using Pearson's Revel platform, which includes a digital textbook plus access to a wide range of additional resources. Revel offers the ability to search content, take notes, enable audio playback, complete sample questions, and more. More detailed instructions on purchasing an access code and obtaining a course text invite link will be provided in advance of term. Some may choose to add a printed version of the text at additional cost. Either way, you get to decide how you want to interact with the readings.