

## PSYC 3301 B : SPORT AND PERFORMANCE PSYCHOLOGY

<b>Instructor</b>	Matthew Sorley
<b>Term</b>	Winter 2026
<b>Course Delivery</b>	Online Asynchronous with In-Person Assessments
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<b>Office Hours</b>	Refer to the course outline

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

My name is [Matthew Sorley](#) and 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.

The course includes a combination of online and in-person elements. You'll be working with the course material via a series of guided multimedia modules including brief video segments, active learning exercises, and experiential learning assignments that are posted to Brightspace. Meanwhile, a midterm and final exam will be held in-person at Carleton University. Overall, an emphasis will be placed on applying the material to specific situations, including those that are personally meaningful.

The lecture segments for this course are 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. To assist your efforts, numerous strategies that promote success will be identified in the course.

## EVALUATION (SUBJECT TO CHANGE)

Learning will be assessed via a) **a midterm and final exam that will be held in-person at Carleton University.** The specific dates, times, and locations of these on-campus exams will be made available during term; and b) the development of a personalized, evidence-based psychological skills training plan that is submitted in stages and online via Brightspace. 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.

## TEXT

Crocker, P, Sabiston, C., & McDonough, M. (Eds.). (2024). *Sport and exercise psychology: A Canadian perspective* (5<sup>th</sup> edition): Pearson. ISBN: 9780137930968.

This is an electronic textbook, with 6-month access available via a publisher's link that will be available on the course Brightspace site. Alternatively, you can purchase from the Carleton Bookstore.