

Kinesiology & Physical Education (EDKP 498) (Fall 2018)

Sport Psychology

(3 credits; Tuesday and Thursday: 1:05-2:25; Room 408/409)

General Information:

Professors: Jordan S. Lefebvre, MSc.

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Office hours: Friday, 1:00-2:00 or by appointment

Prerequisite: EDKP 261 Motor Development. This is an upper-level undergraduate course.

Course Description: This course is designed to lead students to an understanding of the concepts, applied principles, and research methodologies related to psychological aspects of sport.

Instructional Method: Two lectures per week.

Learning Outcomes: At the completion of this course, the student should be able to:

1. Describe how participation in coaching, sport, and physical education influences the psychological make-up of the individual.
2. Describe the history, growth, and development of the discipline of sport psychology.
3. Describe how psychological factors, such as leadership, imagery, communication, goal setting, and cohesion, influence involvement and performance in coaching, sport, and physical education settings.
4. Analyze how skills and knowledge about sport psychology can be applied as a coach,

Course Content: This course is concerned with psychological aspects of participation in sport and physical activity. It examines the application of psychological knowledge and methodology within sport and the findings of such sport related physical activity research. The course will consider theory and evidence on *selected topics* (see calendar on My Courses), related to the broad theme of development within the psychological aspects in sport and physical activity.

Course Material:

1. *Sport and Exercise Psychology: A Canadian Perspective, 3rd edition* (2016). Edited by Peter Crocker. Toronto: Pearson.

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hand in a hard copy at the end of class. The term paper should be approximately 10 pages double-spaced (not including title page and references. Finally, it is expected that students adhere to the guidelines specified in the 6th edition of the Publication Manual of the American Psychological Association.

* The course is on MyCourses. Students are expected to regularly check MyCourses for course updates and information, especially the calendar. As well, students are encouraged to read and

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right to submit in English or in French any written work that is to be graded.

Mobile Computing and Communication Devices: Any surfing of the internet during lectures that is not directly related to the class discussion is distracting and is strictly forbidden. Additionally, the use of any electronic devices for emailing, texting, etc., is strictly forbidden.

Special Circumstances: As the instructor of this course I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the *Office for Students with Disabilities*, 514-398-6009.