

Course Title	:	Foundation of Sports Psychology for Coach
Recommended Study Year	:	3 or 4
No. of Credits/Term	:	3
Mode of Tuition	:	Sectional Approach
Class Contact Hours	:	3 hours per week
Category in Major Prog.	:	Programme Required
Discipline	:	Sports
Prerequisite(s)	:	N/A
Co-requisite(s)	:	N/A
Exclusion(s)	:	N/A
Exemption Requirement(s)	:	N/A

Brief Course Description

Sports psychology can help to improve the performance of the athletes as well as their well-being. This course provides students an overview of the key topic of sports psychology and introduces psychological theories and concepts in sports psychology. The knowledge of personality, motivation, reinforcement, arousal, stress, anxiety, overtraining and burnout in sports aspects are covered. Upon completion the course, students will learn the approaches of motivation, principle of reinforcement, the connection of arousal and anxiety to performance, stress and anxiety reduction techniques, and symptoms of overtraining and burnout, and they will understand how personal and social factors influence performance and well-being of an athlete.

Aims

This course aims to:

- introduce students the psychological theories and concepts in sports psychology area
- help students to understand how personal factors influence performance and behavior of the sport participants
- equip students with different sports psychological perspectives to understand athlete's performance and behavior

Learning Outcomes (LOs)

On successful completion of this course, students will be able to:

1. explain the psychological theories and concepts in sports psychology area;
2. apply the sports psychological approaches and principle to affect athletes' performance and behaviour;
3. examine how personal factors influence performance and behaviour of the athletes; and
4. develop the concept to embedding principle of sports psychology into coaching practice

Indicative Content

1. What is sports psychology
2. Learning about the sport participants
 - Personality
 - Motivation
 - Arousal, Stress and Anxiety
3. Understanding sport environment
 - Competition and cooperation
 - Feedback, Reinforcement and Intrinsic motivation,
 - Diversity and Inclusion
4. Improving performance
 - Psychological skills training
 - Arousal regulation
 - Imagery
 - Self-confident
 - Goal Setting
 - Concentration
5. Stress and anxiety reduction techniques
6. Burnout and Overtraining
7. New trend in sports psychology

Teaching Methods

The course is delivered through lectures, classroom discussions, case studies, role play, video, workshops and tutorials. Teacher will illustrate the essential concepts with real-life example and facilitate students to search information for active learning. Through the teaching and learning activities, students are facilitated to achieve the CILOs via interactive and students-centered approaches. Lecture will be accompanied by relevant reading materials which students would have to read before the lecture.

Measurement of Learning Outcomes

In-class participation and discussion assess students' understanding and ability to apply and embed the theories, concepts and knowledge of sports psychology into coaching practice.

Individual assignment(s) require students to show his understanding of concept and knowledge in sports psychology, it provides student the opportunity to demonstrate their ability to apply sports psychology knowledge and psychological approaches in coaching practice.

Group project with presentation and report, provides the opportunity for students to integrate and apply the knowledge, concepts and principle of sports psychology and

psychological approaches in sports coaching practice. Students are required to search and study the required materials, write a report, and present their findings in class.

Final examination assesses students' overall achievement for the course. It assesses students' ability to understand and apply all knowledge and skills learnt from the course.

Learning Outcome	In-class participation and discussion	Individual assignment(s)	Group project	Final examination
1. Explain the psychological theories and concepts in sports psychology area	✓	✓	✓	✓
2. Apply the sports psychological approaches and principle to affect athletes' performance and behaviour	✓	✓	✓	✓
3. Examine how personal factors influence performance and behaviour of the athletes	✓	✓	✓	✓
4. Develop the concept to embedding principle of sports psychology into coaching practice	✓	✓	✓	✓

Assessment

Continuous Assessment **60%**

1. 10% In-class participation and discussion
2. 20% Individual assignment(s)
3. 30% Group project (20% report and 10% presentation)

Final examination **40%**

Required/Essential Readings

Nicholls, A. R. (2017). *Psychology in Sports Coaching: Theory and Practice* (2 ed.). Routledge.

Weinberg, R. S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (7 ed.). Human Kinetics.

Recommended/Supplementary Readings

Barker, S., & Winter, S. (2014). The Practice of Sport Psychology: A Youth Coaches' Perspective. *International Journal of Sports Science & Coaching*, 9(2), 379–392. <https://doi.org/10.1260/1747-9541.9.2.379>

Heaney, C., Kentzer, N., & Oakley, B. (Eds.). (2021). *Athletic Development: A Psychological Perspective*. Routledge

Moran, A., & Toner, J. (2017). *A Critical Introduction to Sport Psychology: A Critical Introduction* (3 ed.). Routledge.

Thelma, H., & Alan, S. (Eds.). (2019). *Advances in Sport and Exercise Psychology* (4 ed.). Human Kinetics.

Voight, M., & Carroll, P. (2006). Applying Sport Psychology Philosophies, Principles, and Practices onto the Gridiron: An Interview with USC Football Coach Pete Carroll. *International Journal of Sports Science & Coaching*, 1(4), 321–331. <https://doi.org/10.1260/174795406779367800>

**Additional readings may also be suggested on a topic by topic basis*

Important Notes:

1. Students are expected to spend a total of 9 hours (i.e. 3 hours of class contact and 6 hours of personal study) per week to achieve the course learning outcomes.
2. Students shall be aware of the University regulations about dishonest practice in coursework, tests and examinations, and the possible consequences as stipulated in the Regulations Governing University Examinations. In particular, plagiarism, being a kind of dishonest practice, is “the presentation of another person’s work without proper acknowledgement of the source, including exact phrases, or summarised ideas, or even footnotes/citations, whether protected by copyright or not, as the student’s own work”. Students are required to strictly follow university regulations governing academic integrity and honesty.
3. Students are required to submit writing assignment(s) using Turnitin.
4. To enhance students’ understanding of plagiarism, a mini-course “Online Tutorial on Plagiarism Awareness” is available on <https://pla.ln.edu.hk/>.