



Course syllabus

Faculty of Social Sciences

Department of Sport Science

11V548 Specialidrott - Prestationspsykologi inom idrott, 7,5
högskolepoäng

Special sport - Performance Psychology in Sport, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2018-01-10

Revised 2018-10-26 by Faculty of Social Sciences. Grading scale revised.

The course syllabus is valid from autumn semester 2018

Prerequisites

General entry requirements.

Objectives

After completing the course, students shall be able to:

- exemplify in what way cognitive factors can be put in relation to the development of the individual practicing sports
- explain in what way psychological factors influence performance as well as motivation in relation to practicing sports
- apply performance psychological theories of motivation, personality and stress, and how these may strengthen the individual's performance, self-esteem and self-confidence
- develop and apply development programmes in order to promote athletic performance within a special sport
- offer advice to individuals on how to prevent negative effects of psychological factors
- identify behaviours that indicate any effects of psychological influence on individuals
- evaluate individuals' capacity and need of psychological support with regard to sports

Content

The course content is focused on in what ways cognitive factors are related to the development of the individual who practices sports and how various cognitive processes (such as performance anxiety, tension, stress) influence both the performance as well as motivation in relation to practicing sports. The theoretical frameworks are mainly based on performance psychology and theories of motivation, personality and stress. Various mental techniques and different forms of mental training techniques are discussed, partly as a way of strengthening the athletic individual's self-esteem and self-confidence, and partly as a way of reducing the levels of tension and stress. Furthermore, aspects on how individuals may develop sound sporting habits in order to maintain or improve their mental health are also discussed.

Type of Instruction

Teaching takes place in the form of lectures, group projects, practical sessions, field studies, supervision and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course takes place by means of two examination assignments; one written individual take-home exam, and one written individual assignment.

In order to receive a grade of Pass, the course objectives shall be attained, which entails that at least a grade of Pass is required for all examination assignments.

To be awarded a grade of Pass with Distinction, in addition to fulfilling the criteria for the grade of Pass, it is required that the individual written assignment is assessed as Pass with Distinction.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course, as well as to new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Hassmén, Peter, Kenttä, Göran & Gustafsson, Henrik. (Latest edition). *Praktisk idrottspsykologi*. Stockholm: SISU Idrottsböcker, (252 p.).

Weinberg, Robert S. & Gould, Daniel. (Latest edition). *Foundations of sport & Exercise Psychology*. Leeds: Human Kinetics, (610 p.).

Wadström, Olle & Ekvall, Daniel. (Latest edition). *Idrottsglädje Prestation Utveckling - Kognitiv beteendeterapi för tränare, idrottare och föräldrar*. Linköping: Psykologinsats (168 p.).