

BEHV 3025 SPORT AND EXERCISE PSYCHOLOGY

Credit Points 10

Legacy Code 401055

Coordinator Rhiannon White ([https://directory.westernsydney.edu.au/search/name/Rhiannon White/](https://directory.westernsydney.edu.au/search/name/Rhiannon%20White/))

Description This unit explores psychological factors that affect sport performance (e.g., self-efficacy and concentration), psychological factors that predict and increase participation in physical activity (e.g., motivation), and psychological outcomes of physical activity (e.g., mental health, resilience, and cognitive development). Students will examine theory and research and draw upon their own experiences, to apply sport and exercise psychology principles to a variety of real-world scenarios, and design strategies relevant to different contexts such as physical education, personal training, exercise physiology, coaching, and health promotion.

School Health Sciences

Discipline Psychology

Student Contribution Band HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 3 subject

Co-requisite(s) BEHV 1014 - Psychology and Health For Students enrolled in 4658 Bachelor of Health Science (Sport and Exercise Science)

4742 Bachelor of Health Science (Health and Physical Education)-Pathway to Teaching (Secondary)

4747 Bachelor of Health Science (Health and Physical Education) and 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education)

Equivalent Subjects LGYA 1536 - Sport and Exercise Psychology BEHV 2014 - Sport and Exercise Psychology

Incompatible Subjects BEHV 1005 - Introduction to Sport Psychology BEHV 2004 - Exercise Psychology LGYA 7219 - Sociological Aspects

Restrictions Students must be enrolled in program 4659 Bachelor of Health Science (PDHPE), 4658 Bachelor of Health Science - Sport and Exercise Science, 4741 Bachelor of Sport Development, 4742 Bachelor of Health Science (Health and Physical Education)-Pathway to Teaching (Secondary), 4747 Bachelor of Health Science (Health and Physical Education) or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education)

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Analyse the evidence related to the cognitive, affective and behavioural outcomes of physical activity participation.
2. Design theory and evidence-based interventions that will promote adoption and adherence to exercise.
3. Assess the influences of psychological factors on participant experiences and performance in sport.

4. Critically evaluate how psychological strategies can be implemented to enhance sporting performance and increase exercise adherence throughout the lifespan.
5. Critically evaluate how psychological strategies can be implemented to enhance sporting performance and increase exercise adherence throughout the lifespan.

Subject Content

- 1.Sport confidence
- 2.Anxiety and performance
- 3.Concentration and performance
- 4.Team building
- 5.Motivation and exercise adoption
- 6.Motivation and exercise maintenance
- 7.Psychosocial predictors of physical activity participation
- 8.Psychosocial factors influencing participants' experiences
- 9.Goal setting
- 10.Exercise and mental wellbeing

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Quiz	Length: 20 questions per quiz Duration: 20 minutes per quiz	30	N	Individual
Literature Review	Up to 1,200 words	45	N	Individual
Proposal	Up to 5 minutes + 2 pages	25	N	Individual

Teaching Periods

Autumn Penrith (Kingswood)

Day

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View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3025_22-AUT_KW_D#subjects)

Spring Campbelltown

Day

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