

KINE 4707 – Advanced Sport Psychology

This course will focus on both student and instructor guided seminar discussions, with an emphasis on student-guided learning. Half of the class will involve either instructor guided discussion on current topics or guest lecturers and the other half of the class will mostly involve student led presentations and discussion on current empirical research in Sport Psychology.

Student Learning Outcomes for this course:

- Present research and interpret research effectively
- Lead scholarly discussions on a variety of sport psychology topics, including methodology
- Discuss and practical and applied methods of mental performance practice
- Critically analyze current research in sport psychology
- Transfer research knowledge into practical applications
- Understand the role of sport psychology in different levels and contexts of sport participation
- Understand the different definitions and applications of 'mental toughness'
- Define and understand resilience, grit, and mindset
- Review current topics and research in sport psychology

Restrictions: 3rd or 4th year students

Pre-requisites: KINE 3485 and HAHP 3100 (cannot be taken concurrently with 4707)