

**School of Physical Education**  
University of Victoria

**EPHE 575 – A01 - 31511**  
**SKILL ACQUISITION IN PHYSICAL EDUCATION AND SPORT**

Monday, July 24<sup>th</sup> to Wednesday, August 9<sup>th</sup>

**Calendar Description**

**Units: 1.5**

Provides students with a further understanding of concepts and principles underlying the field of sport psychology. Provides a basis for the use of mental training techniques such as imagery, self-talk, feedback, and focusing to improve sport performance and experiences.

**Course Instructors**

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**Course Text**

There is no required text for this course. Readings will be posted on the course website prior to each lecture. It is important to ensure that all readings are completed in order to facilitate in class discussion and to be prepared for daily quizzes.

**Meeting Times**

Mon, Tue, Wed, Thu, Fri (8:00 am to 10:20 am) in McKinnon 150

**Office Hours**

Immediately following class or by appointment.

**Course Summary**

There is no doubt of the importance of psychological training for modern sport performance. Indeed, most competitive athletes and teams now employ sport psychologists on a regular basis to enhance athlete training. In this course we will review 10 topics in modern applied sport psychology. Further, students will have the opportunity to become an expert in a topic area of their choice.

## **Student Assessment**

### **Daily Quizzes (5% each, 10 in total = 50%)**

Each of the first 10 classes will commence with a daily quiz on the readings assigned for the day. Each quiz will consist of from one to five questions on the assigned articles. Students who miss a quiz or are unable to answer the questions will receive a grade of 0 – no exceptions other than the article summaries (see below).

### **Article Summaries (5% each, 2 in total = 10%: optional)**

Students may at their own discretion complete up to two research article summaries. These can be used to replace up to two quiz grades OR to reduce the value of the major assignment from 50% to 40%. For each article summary, the students will find a research article on a topic in sport psychology and provide a one page summary of the major findings. Specifically, summarize what the research was, what the hypotheses were, the methods, the results, and the implications. Students will also add a one half page opinion statement on what they think of the research and conclusions.

### **Major Assignment (50%, 1 in total = 50%: can be reduced to 40%, see above)**

Students will complete **one** of the three major assignments: presentation, review paper, training plan.

As a first step in completing the presentation, review paper, or training plan students must first select a topic from the list below (or another approved with the instructors discretion). Students **must** have a unique topic for their paper and it may not be related to their degree project work.

Mental Imagery  
Goal Setting  
Arousal Theory  
Rewards and Incentives  
Decision Making Training  
Mindfulness  
Elite Performance  
Structure of Practice Environments  
Extrinsic Motivation  
Mental Focus and Acuity  
Sport Preparation  
External Factors: Sleep  
External Factors: Diet  
External Factors: Well Being  
Athlete Injuries and Psychology  
Overtraining

Personality  
Stress and Anxiety  
Competition and Cooperation  
Providing Feedback  
Group and Team Dynamics  
Group Cohesion  
Leadership  
Communication  
Intrinsic Motivation  
Self Confidence  
Goal Settings  
Concentration  
Exercise and Personal Psychology  
Exercise Adherence  
Addictive and Unhealthy Behaviour  
Aggression

## **Major Assignment Option One: Presentation Requirements**

- Presentation must be at least 20 minutes in length and interactive.
- The student must answer questions for at least 10 minutes
- The presentation will consist of two sections. The first section will be a review of the literature. Make sure that there is a logical flow to this section (i.e., organised chronologically or by sub-topic) and that the reviewed articles are clearly described. NOTE: You must review research studies – not other review papers and/or media opinions. The second section will consist of a discussion of how relevant the theory is to actual sport practice. You may also indicate elements of the literature that you disagree with and that you do not think can be incorporated into your teaching / coaching.
- Students will submit paper or electronic copies of the papers that they review.
- Papers reviewed: 15 +

Note, it is important that you communicate with the other members of the class so that your presentation is on a unique topic that does not overlap with your degree project topic. Duplicate presentations will be assigned a failing grade. The presentation must be completed on one of the three presentation dates in class. If the student is unable to or fails to present on these dates then they must switch to either option two or option three for their major assignment.

## **Major Assignment Option Two: Review Paper Requirements**

- Typed or word processed
- Meet all APA requirements  
Note: This does not just mean your reference list – it also means your headings, title page, figures, etc.
- Contain a minimal amount of grammatical errors
- The paper will consist of two sections. The first section will be a review of the literature. Make sure that there is a logical flow to this section (i.e., organised chronologically or by sub-topic) and that the reviewed articles are clearly described. NOTE: You must review research studies – not other review papers. The second section will consist of two to three pages where the student will indicate specific elements of the reviewed literature that they agree with and can incorporate in their teaching / coaching. Conversely, you may also indicate elements of the literature that you disagree with and that you do not think can be incorporated into your teaching / coaching.
- Students will submit paper or electronic copies of the papers that they review.
- Length: 12 – 15 pages
- Papers reviewed: 15 +

Note, it is important that you communicate with the other members of the class so that your paper is on a unique topic that does not overlap with your degree project topic. Duplicate research papers will be assigned a failing grade. Note, given the brief length of the course, a later submission date may be arranged if needed. In this instance, an assumed grade of 80% will be assigned at the end of the course and will be changed when the final paper is received. If the paper is not received by the end of the summer (August 31) then a grade of 0% will be assigned.

### **Major Assignment Option Three: Sport Psychology Training Plan Requirements**

- Typed or word processed
- Meet all APA requirements  
Note: This does not just mean your reference list – it also means your headings, title page, figures, etc.
- Contain a minimal amount of grammatical errors
- You will develop a training plan to implement one aspect of applied sport psychology with a target population (class, team, etc). The training plan must focus on at least 15 training sessions – you can decide the frequency and length of these training sessions.
- Your training plan **MUST** have a high level of detail. The best way to know if the level of detail is appropriate is the substitute test – your training plan must have enough detail for each session that a substitute teacher / coach could run the session for you without speaking to you.
- Students will submit paper or electronic copies of research papers they have based their training plan on and a 2 to 3 page overview of the applied sport psychology topic that they are developing the training plan for.
- Length: 12 – 15 pages

Note, it is important that you communicate with the other members of the class so that your training plan is on a unique topic that does not overlap with your degree project topic. Duplicate training plans will be assigned a failing grade. Note, given the brief length of the course, a later submission date may be arranged if needed. In this instance, an assumed grade of 80% will be assigned at the end of the course and will be changed when the final training plan is received. If the training plan is not received by the end of the summer (August 31) then a grade of 0% will be assigned.

## **Class Schedule**

<b><u>Topic 1</u></b> Monday, July 24th	Overview of Applied Sport Psychology and Exercise Psychology Start: 8:00am
<b><u>Topic 2</u></b> Tuesday, July 25th	Mental Imagery and Mindfulness Training Start: 8:00am
<b><u>Lecture 3</u></b> Wednesday, July 26th	Overtraining Start: 9:00am
<b><u>Lecture 4</u></b> Thursday, July 27 <sup>th</sup>	Goal Setting and Maintenance Start: 9:00am
<b><u>Lecture 5</u></b> Friday, July 28 <sup>th</sup>	Arousal Theory and Optimal Performance Start: 9:00am
<b><u>Lecture 6</u></b> Monday, July 31 <sup>st</sup>	Motivation Theory Start: 8:00am
<b><u>Lecture 7</u></b> Tuesday, August 1 <sup>st</sup>	Team Dynamics and Group Cohesion Start: 8:00am
<b><u>Lecture 8</u></b> Wednesday, August 2 <sup>nd</sup>	Self Confidence Start: 9:00am
<b><u>Lecture 9</u></b> Thursday, August 3 <sup>rd</sup>	Concentration Start: 9:00am
<b><u>Lecture 10</u></b> Friday, August 4 <sup>th</sup>	Exercise Behaviour and Adherence Start: 9:00am
<b><u>Lecture 11</u></b> Monday August 7 <sup>th</sup>	BC DAY: NO CLASS
<b><u>Lecture 12</u></b> Tuesday, August 8 <sup>th</sup>	Tutorial Time / Student Presentations Start: TBD
<b><u>Lecture 13</u></b> Wednesday, August 9 <sup>th</sup>	Tutorial Time / Student Presentations Start: TBD
<b><u>Lecture 14</u></b>	Second Year Exam / NO CLASS

### **Please Note:**

Course content and order of topics is subject to change at the discretion of the instructor.