



## LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

# IDRN03 Mental Aspects of Sport and Physical Performance

7.5 Higher education credits

Second cycle

## General Information

### *Main field*

Sport Sciences

### *Subject*

Sport and Exercise Psychology focusing on elite sport performance and the psychology of physical activity

### *Type of course*

Compulsory course in the Master of Sport Sciences programme and can be given as a special course for professionals. The courses within the programme have to be studied in the stated order. The course complies with the regulations of the Higher Education Ordinance (1993:100 with later amendments).

### *Language of instruction*

English

## Learning Outcomes

The overall aim of the course is to provide deeper knowledge and skills in Sport and Exercise Psychology in order to identify needs and to suggest relevant measures.

### *Knowledge and understanding*

On completion of the course the student shall be able to

- show an advanced knowledge of theories and methods of improving the performance of individual athletes and teams,
- show an advanced knowledge of theories and methods of how to engage sedentary people in physical activities.

### *Skills and abilities*

On completion of the course the student shall be able to

- independently construct a mental training programme for an athlete based on individual needs,
- independently work with teams on performance enhancement,
- independently conduct a programme of physical fitness in order to help individuals, groups and communities to become more physically active.

### *Judgment and approach*

On completion of the course the student shall be able to

- independently reflect and show awareness of individual resources and needs in relation to sport psychology,
- independently and critically interpret information,
- reflect about his/her personal development and the need of further knowledge in the subject area.

## Course Content

The aim of the course is to convert the theoretical knowledge of individual sports, team sports and sport injuries into applied exercises.

### *Subjects examined*

Mental aspects of sport and physical performance, 7,5 credits

## Instruction and Examination

### *Instruction*

The course starts with a general lecture followed by lectures on the specific topics. The students will meet in planning and review groups for each topic. The planning sessions are intended to give the students a chance to discuss the lecture and to collectively reflect about the review questions. The review sessions shall result in a written report, which will be presented and discussed at the following seminar.

### *Examination*

The examination consists of active participation in group works and seminars and on completion of the review questions (group assignment) and exercises (individual assignment).

## Grades

Grades are set for a completed course. One of the grades Pass with distinction, Pass or Fail is awarded.

A student who has passed a course will be given a certificate to that effect by the higher education institution, on request.

## Admission Requirements

Besides the basic eligibility, i.e. a Bachelor's degree of at least 180 credits or an equivalent foreign degree, a special qualification in the English language, i.e. English B or its equivalent, is required.

## Literature

Advanced knowledge in Sport Psychology 2008-09 (provided by the programme).

Advanced knowledge in Exercise Psychology 2008-09 (provided by the programme).

## Further Information

*Number of examinations, new examiner etc.*

### **Theoretical courses**

One examination and one opportunity to retake the examination are arranged soon after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion. Students who have failed an examination on a theoretical course are entitled to retake the examination four times.

### **New examiner**

A student who has failed two examinations on a course or sub-course is entitled to have another examiner appointed, unless there are special reasons to the contrary. (SFS 2006:1053) The request is made to the Programme Director.