



## LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

# IDRN07 Applied Sport and Exercise Psychology – Individual Sports

15 Higher education credits

Second cycle / A1F

## 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 on commission 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 knowledge of and practical work in how to communicate with researchers as well as with society in general, and knowledge and skills in planning, conducting, and reporting an individual intervention plan for an elite athlete or a person interested in changing his/her physical activity level.

### *Knowledge and understanding*

On completion of the course the student shall

- know the principles for reviewing research based sport psychology books, and scientific manuscripts,
- know the principles of writing scientifically based articles in a popular way,
- know how to conduct an intervention with an elite athlete or an individual who wants to change his/her physical activity level.

### *Skills and abilities*

On completion of the course the student shall be able to

- write a review of scientific literature in sport and exercise psychology,
- review a manuscript for publication in a peer-reviewed international journal in sport and exercise psychology,
- write a scientifically based article in a popular way

- independently plan, conduct, and report a simulated psychological intervention for an athlete in an individual sport or an individual who wants to change his/her physical activity level.

#### *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 and exercise 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 course contains two parts. The first part can be fulfilled in two ways, either as participation in the Intensive Course of the European Master's Degree in Sport and Exercise Psychology and completion of two assignments in the area of individual sports, or as an empirical project consisting of literature studies, planning, conducting, and reporting an intervention plan with an individual.

The second part consists of seminars where the students shall present a review of a research based book in sport or exercise psychology, a scientific manuscript submitted for publication in a peer-reviewed international journal, and write a scientifically based article in a popular way.

#### *Subjects examined*

Fulfilment of the assignments, 15 credits

## Instruction and Examination

#### *Instruction*

The first part of the course starts with lectures on how to plan, conduct and report an individual intervention plan, followed by group work, seminars, and production of an individual intervention plan. Alternatively the student may attend the Intensive Course of the European Master's Degree in Sport and Exercise Psychology and complete two individual assignments. The second part of the course starts with lectures on how to review scientific literature, and how to write a popular article based on research, followed by seminars, where the individual assignments will be discussed. Thereafter, the student shall review a scientific book, a scientific manuscript, and write a research based article in a popular way.

#### *Examination*

The examination consists of active participation in group works and seminars, and on completion of the individual assignments.

## 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.

The courses IDR01, IDR03 and IDR04 must be completed and passed.

## Literature

See appendix

## 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.

Appendix: Literature

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Murphy, Shane (ed) (2005) *The Sport Psych Handbook: A complete guide to today's best mental training techniques*. Leeds: Human Kinetics (350 pages)

Additional literature will be selected by the examiner upon proposal from the students. Moreover, relevant research articles will be used.