

**LUNDS UNIVERSITET**

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

**IDRN01 Competences in Sport Sciences - Sport Psychology**

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***Knowledge and understanding*

On completion of the course the student shall be able to

- demonstrate a deeper insight in the concept of Sport Sciences,
- show knowledge of theories and methods in Sport and Exercise Psychology.

*Skills and abilities*

On completion of the course the student shall be able to

- identify problems in Sport and Exercise Psychology and to suggest relevant measures.

*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 basic sports 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 provide an introduction to the field of Sport Sciences with an international focus as well as knowledge and skills in the most important psychological issues in Sport and Exercise.

### *Subjects examined*

Competences in Sport Sciences – Sport Psychology, 7,5 credits

## Instruction and Examination

### *Instruction*

Lectures and group discussions.

### *Examination*

The examination consists of written assignments and an individual written examination.

## 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

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

### **IDRN01 Competences in Sport Sciences - Sport Psychology**

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Coakley J (2003). *Sport in society, issues & controversies*. New York: McGraw-Hill. (200p)

Weinberg, R., & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. Champaign, IL: Human Kinetics. (623 p)

Additional literature up to 100 pages may be added.