



LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

IDRP07 Applied Sport and Exercise Psychology – An Individual Approach

Replace 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 and skills in planning, conducting, and reporting individual intervention plans for athletes or persons interested in adhering to or changing their physical activity level, and knowledge of and practical work in how to communicate with researchers as well as with society in general.

Knowledge and understanding

On completion of the course the student shall

- know how to conduct interventions with athletes or individuals who want to adhere to or change their physical activity level,
- know the principles of writing scientifically based articles in a popular way,
- know the principles for reviewing scientific manuscripts,
- know the principles for reviewing research based books in sport or exercise psychology.

Skills and abilities

On completion of the course the student shall be able to

- independently plan, conduct, and report psychological interventions for athletes or individuals who want to adhere to or change their physical activity level,
- write a scientifically based article in a popular way,
- review a manuscript for publication in a peer-reviewed international journal in sport and exercise psychology,
- write a review of scientific literature in sport and exercise psychology.

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 and produce information,
- reflect upon personal development and possible needs 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 planning, conducting, and reporting intervention plans with individuals. The second part consists of writing a scientifically based article in a popular way, reviewing a scientific manuscript submitted for publication in a peer-reviewed international journal, and reviewing a research based book in sport or exercise psychology.

Subjects examined

Weekly reflective reports, 3 hp

Individual intervention plan, 4,5 hp

Writing a popular article, 2,5 hp

Review of a scientific manuscript, 2,5 hp

Review of a scientific book, 2,5 hp

Instruction and Examination

Instruction

The first part of the course includes lectures, group and individual work and seminars on how to plan, conduct and report individual intervention plans. Alternatively, if the student is attending the Intensive Course of the European Master's Degree in Sport and Exercise Psychology two weeks of lectures and completion of two individual assignments per topic. The second part of the course includes lectures and seminars related to how to write a popular article and how to review scientific literature.

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 IDRN01, IDRN03 and IDRN04 must be completed and passed.

Literature

See appendix

Further Information

Missed or failed assignments.

Missed or failed assignments should be submitted or completed within three weeks after course completion. The student is responsible for contacting the teacher and keeping him or her notified of the process.

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 an assignment repeatedly 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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Andersen, M. (2000). *Doing sport psychology*. Champaign, IL: Human Kinetics.

Biddle, S.H.J., & Mutrie, N. (2008). *Psychology of physical activity: determinants, well-being and interventions*. Milton Park, Abingdon, Oxon: Routledge. (Chapter 11 and 12)

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