



UNIVERSITY OF
ZULULAND

COURSE OUTLINE

Lecturer: Ms. A. van Biljon; vanbiljona@unizulu.ac.za; (035) 902 6555

University of Zululand, Private Bag X1001, KwaDlangezwa, 3886

W: www.unizulu.ac.za

Title	Sport Psychology	Department	Biokinetics & Sports Science
Code	SHMD319	Creation Date	2008
Faculty	Science & Agriculture		
Field	Sport & Exercise Science		
Programmes	National Diploma in Sport and Exercise Technology		
Credits	30	Notional Hours	300
Year Level	III	Semester	Year Course
Core or elective	Core	NQF Level	6
Prerequisites	None	Co-requisites	None

Description of Course

The purpose of this course is to provide learners with an overview of the theoretical and applied aspects of the psychology of sport.

Learning Outcomes

Upon successful completion of this course, students will:

- Recognize the various theoretical aspects of movement psychology;
- Develop an understanding of alternative explanations of behaviour;
- Demonstrate knowledge and understanding of the psychological factors which influence athletic performance;
- Understand the concepts of violence and aggression and its impact upon performance;
- Acknowledge the relationship between spectators and athletes;
- Establish relevant knowledge of how imagery can facilitate athletic performance;
- Demonstrate effective interventions and strategies for improving sport performance.

Cross Critical Field Outcomes

This course aims at developing the SAQA Critical Cross-field Outcomes listed below:

- Identify and solve problems in which responses display that responsible decisions using critical and creative thinking have been made;
- Work effectively with others as a member of a team, group, organization, community;
- Organize and manage oneself and one's activities responsibly and effectively;
- Collect, analyze, organize and critically evaluate information;
- Communicate effectively using visual, mathematical and/or language skills in the modes of oral and/or written presentation;
- Use science and technology effectively and critically, showing responsibility towards the environment and health of others;
- Demonstrate an understanding of the world as a set of related systems by recognising that problem-solving contexts do not exist in isolation.

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Outcomes-based Education (OBE)

The University of Zululand employs an outcomes-based education. OBE is a student-centered learning philosophy that places emphasis on two key elements:

- The development and implementation of clear expectations regarding learning outcomes; and
- The measuring of learning outcomes, which requires learners to demonstrate that they have attained the necessary skills and content. (Van Der Horst, H. & MacDonald, R. (1997). *Outcomes-based education. A teachers' manual*. Kagiso publishers.).

In short, OBE focuses on the intended learning outcomes that result from instruction.

Course Examiners

This course is internally moderated by Ms. K. Frames (University of Zululand) and externally moderated by Dr. K. Nolte (University of Pretoria).

Course Materials

The course outline, lecture notes, class announcements, assignment declaration and important dates are posted on both Moodle: <http://sci-online.unizulu.ac.za/> and Yolasite: vanbiljon.yolasite.com/. Lecture notes will be posted the day before each lecture, to allow students sufficient time to download, print, and read the notes before each class. All the files posted on the web will be in Portable Document Format (PDF). Adobe Acrobat Reader software must be installed to download and print notes.

Prescribed Text Books

- Potgieter J.R. *Sport Psychology: Theory and Practice. Institute for Sport Science Stellenbosch University Stellenbosch* (2006).

Further Readings

- Weinberg, R.S. & Gould, D. (2015). *Foundations of Sport and Exercise Psychology*. 6th Edition. *Human Kinetics*.
- Horn, T. (2002). *Advances in Sport Psychology*. 2nd Edition. *Human Kinetics*.

Class Schedule

The class schedule is tentative, so there may be deviations from the dates shown. The main purpose of this schedule is to provide students an idea of the topics that will be covered and the sequence that will be followed in class.

CHAPTER	WEEK	
FIRST SEMESTER		
1	Introduction to Sport Psychology	17 FEB 2015
2	Participation Motivation	3 MARCH 2015
3	Personality & Sport	17 MARCH 2015
TEST 1 24 MARCH 2015		
4	Attention in Sport	7 APRIL 2015
5	Arousal, Stress & Anxiety	21 APRIL 2015
REVISION 5 MAY 2015		
TEST 2 26 MAY 2015		
SECOND SEMESTER		
6	Attentional Strategies	14 JULY 2015
7	Arousal Regulation	28 JULY 2015
8	Imagery	11 AUG 2015

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TEST 3 18 AUGUST 2015		
9	Competition & Achievement Motivation	25 AUG 2015
10	Aggression in Sport	15 SEPT 2015
11	Spectators & Sport	22 SEPT 2015
REVISION 29 SEPT 2015		

Assignment Guidelines

Full details for each assignment will be given in class. Please follow these guidelines for all assignments:

1. All assignments must have an attached declaration (posted on Moodle & Yolosite).
2. All assignments must be typed.
3. Use 12 Times New Roman font, and 1.5 line spacing.
4. Make provision for a table of contents.
5. Reference all outside sources that you use.

Assignments turned in late are deducted by 15% per day; assignments submitted more than 1 week late are given a zero unless prior arrangements have been made with the lecturer.

Types of Delivery and Estimated Notional Study Hours

Contact Study	Notional Hours	Self-Study	Notional Hours
Lectures	78	Lecture related	78
Practicals	40	Practical related	14
Tutorials	18	Tutorials	10
Guided Revision	14	Revision	16
Total contact:	150	Assessments	16
		Assignment study	16
		Total Self Study:	150
Total Notional Hours: 300			

Methods of Assessment (% weighting)

Continuous Assessment Marks (CAM)		Final Mark
Tests	20%	40%
Assignments	10%	
Practicals	10%	
Terminal Assessment	60%	60%
Total 100%		

Duly Performed (DP) Requirements

A subminimum of 40% is required for the CAM and a minimum attendance of 80% will be monitored by the lecturer in class.

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Consultation Hours

An hour of academic consultation is provided after each class. Consultations outside of the prescribed times may be made upon early appointment. To have this arrangement, please email me at vanbiljona@unizulu.ac.za or call my office at (035) 902 6555.

Medical Certificates

Students who miss tests and exams due to illness or for other reasons must submit a copy of medical certificates or other acceptable documentations to the lecturer.

Plagiarism

Plagiarism is the act of submitting or presenting work, study material, assignments, research work or inventions of someone else, irrespective of its source, as one's own creation; in some instances, even where credit or acknowledgement is given to the original source (UNIZULU's Plagiarism Policy: 12 December 2012). Penalties for such acts may result in suspension or probation. For more information on UNIZULU's Academic Policies and Procedures, visit <http://www.unizulu.ac.za/research-and-innovation/policies-and-guidelines/>.

<u>IMPORTANT DATES</u>	
9 FEBRUARY 2015	LECTURES START FIRST SEMESTER
24 MARCH 2015	TEST 1
30 MARCH 2015	RECESS
7 APRIL 2015	LECTURES START
27 APRIL 2015	PUBLIC HOLIDAY (FREEDOM DAY)
1 MAY 2015	PUBLIC HOLIDAY (WORKERS' DAY)
21 MAY 2015	LECTURES END
26 MAY 2015	TEST 2
29 JUNE 2015	RECESS
13 JULY 2015	LECTURES START SECOND SEMESTER
10 AUG 2015	PUBLIC HOLIDAY (WOMEN'S DAY)
18 AUG 2015	TEST 3
31 AUG 2015	RECESS
7 SEPT 2015	LECTURES START
24 SEPT 2015	HERITAGE DAY
25 SEPT 2015	UNIVERSITY HOLIDAY
16 OCT 2015	LECTURES END