



UNIVERSITI TEKNOLOGI MARA

SPS432: FUNDAMENTAL PRACTICES OF SPORTS PSYCHOLOGY

Course Name (English)	FUNDAMENTAL PRACTICES OF SPORTS PSYCHOLOGY APPROVED
Course Code	SPS432
MQF Credit	3
Course Description	This course will cover various psychological principles associated with the sport. This course is designed to assist the student in examining how psychological variables influence participation patterns in sport and how participation in sport can affect the psychological characteristic of an individual. Class content will also illustrate numerous psychological techniques that can enhance sports performance. Among the topics to be examined are the definition of psychology and sports psychology, personality and athletes, motivation, sports team, leadership, anxiety and stress in sport.
Transferable Skills	Reflective Learner Experienced Collaborator Confident
Teaching Methodologies	Lectures, Blended Learning, Discussion, Presentation, Self-directed Learning
CLO	CLO1 Apply the fundamental understanding of human behavioural change to enhance athletes' performance in sports. CLO2 Perform effective coping strategies in assisting minimizing stress and anxiety levels towards enhancing athletes' performance in sport. CLO3 Demonstrate effective teamwork through formal and informal interaction in carrying the responsibility to complete the task.
Pre-Requisite Courses	No course recommendations
Topics	
1. An Introduction to Sport Psychology 1.1) The definition of sport psychology, sports and athletes 1.2) The main activities carried out by sport psychologists 1.3) The history of sport psychology 1.4) The Origins of Psychology 1.5) Schools of thought in Psychology 1.6) Careers in Psychology 1.7) Areas of Psychology	
2. Personality and Sport Behaviour 2.1) The definition of personality 2.2) The factors determining personality 2.3) Theories of personality: Hollander's model for understanding personality, Psychodynamic Theory, Humanistic and Social Learning Theory	
3. Anxiety and Sports Performance 3.1) The definition of arousal 3.2) The measurement of arousal 3.3) The definition of anxiety 3.4) Types of anxiety 3.5) Theories of anxiety: The Multidimensional Theory, The Inverted-U Theory, Catastrophe Model 3.6) Competition Anxiety 3.7) The measurement of anxiety	
4. Stress and Sports Performance 4.1) The definition of stress 4.2) The general adaptation syndrome model of stress 4.3) The effects of stress and the coping strategies used by elite athletes to deal with stress	

<p>5. Self Confidence</p> <p>5.1) Definition of self-confidence 5.2) The importance of self-confidence 5.3) Sources of self-confidence 5.4) State and Trait self-confidence 5.5) Characteristics of self-confidence athletes 5.6) Development of self-confidence in athletes</p>
<p>6. Basic Motivation Concepts and Sports Performance</p> <p>6.1) The meaning of motivation 6.2) The causes of motivation 6.3) Sport-specific theories of motivation: Maslow's Theory, Self-Efficacy, Eysenck's 6.4) Theory and Cognitive Evaluation Theory</p>
<p>7. Leadership and Sports Performance</p> <p>7.1) The meaning of leadership 7.2) The major theories of leadership: Traits Theory, Behavioural Theory, Contingency Theory, Charismatic Theory. 7.3) Leadership Power</p>
<p>8. Groups and Teams</p> <p>8.1) The meaning of a group 8.2) Characteristics of a group 8.3) Types of groups 8.4) Why do people join groups 8.5) What is a sports team? 8.6) The difference between groups and teams 8.7) Stages in the development of a team 8.8) The measurement of team cohesion 8.9) External conditions imposed on a team 8.10) Team cohesiveness</p>
<p>9. Aggression and Sports Performance</p> <p>9.1) Definition of aggression and violence 9.2) Types of aggression 9.3) The measurement of aggression 9.4) What causes aggression? 9.5) Under what conditions are a person likely to behave aggressively? 9.6) Measures used to reduce aggression</p>
<p>10. Sports Fans Behaviour</p> <p>10.1) Importance of sports fans 10.2) Definition of sports fan 10.3) Sports fans and sports spectators 10.4) Types of sports fans 10.5) Types of spectators 10.6) The benefits of sports on sports fans behaviour 10.7) Characteristics of highly allegiant sports fan 10.8) Sports fans and performance of home teams 10.9) Demographic characteristics of sport fans 10.10) Socialisation processes of sport fans 10.11) The motives of sport fans 10.12) Violence of sports fans</p>
<p>11. Research Methods in Sport Psychology</p> <p>11.1) The definition of research 11.2) Types of research in sport psychology 11.3) Unscientific and scientific methods of research 11.4) Research methods in sport psychology 11.5) Ethics in sport psychology research</p>

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Group - Report	10%	CLO3
	Practical	perform coping strategy	30%	CLO2
	Test	Test 1 (Chp 2, 3 and 5)	20%	CLO1

Reading List	Recommended Text	<ul style="list-style-type: none"> • Weinberg, R. S., & Gould, D. 2019, <i>Foundations of sport and exercise psychology</i>, Champaign: Human Kinetics • Robbins, J. E., & Madrigal, L. 2016, <i>Sport, exercise, and performance psychology: Bridging theory and application</i>, Springer Publishing Company • Roberts, G. C., & Treasure, D. 2012, <i>Advances in motivation in sport and exercise</i>, Human Kinetics • William, J. M., & Krane, V. 2015, <i>Applied sport psychology: Personal growth to peak performance</i>, Mayfield Publishing Co.
	Reference Book Resources	<ul style="list-style-type: none"> • Ampofo-Boateng, K. 2015, <i>Understanding sport psychology</i>, Universiti Publication Centre (UPENA)

Article/Paper List	This Course does not have any article/paper resources
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Other References	This Course does not have any other resources
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