

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on GeNIEus by the individual lecturers. **DO NOT** purchase textbooks based on the information contained in this document.

IPE3104 FOUNDATIONS OF PSYCHOLOGY & MOTOR LEARNING IN PHYSICAL ACTIVITY

COURSE DESCRIPTION

This is an introductory course on sport and exercise psychology as well as motor learning. Specifically, the course will focus on topics and issues related to the social psychological variables that influence participation in physical activities, the environments in which sport and exercise participants operate, and selected outcomes of such participation.

This course also introduces student teachers to some of the theories and practices associated with skill acquisition. The focus is specifically on how the individual develops, learns and performs motor skills. Student teachers will be introduced to these major concepts through a series of lectures, readings, and laboratory exercises.

COURSE OBJECTIVES

At the completion of this course, student teachers will be able to:

1. Understand the personal and situational factors that influence participation and behaviour in sport, exercise, and physical education.
2. Understand the key motivational perspectives of exercise and sport.
3. Understand the psychological and social outcomes of participation in sport and physical activity.
4. Understand the roles that teachers and coaches play in facilitating the psychological growth and development of athletes and students.
5. Understand the classification and measurement of human motor skills.
6. Understand the role of the visual and kinaesthetic systems and how they are associated with the development, learning and control of motor skills.
7. Demonstrate a sound knowledge of the theories and principles associated with skill learning and the limitations of the individual when learning motor skills.
8. Understand the underlying processes supporting a constraints-led approach to skill acquisition and its practical implications.
9. Be familiar with concepts relating to learning and performance of motor skills.
10. Understand how practices can be appropriately structured to allow for improved learning.

COURSE CONTENT

1. Personality and Sport
2. Motivation
3. Creating a Positive Motivational Climate
4. Arousal, Stress and Anxiety
5. Feedback and Reinforcement
6. Character Development
7. The Relevance and Scope of Motor Control and Learning
8. Issues of Motor Control
9. Theoretical Perspectives
10. Practice Conditions
11. Laboratory Work/ e-Learning
12. Review/Quiz

COURSE ASSESSMENT

	Component weightage
Psychology Quiz	35 %
Psychology Assignment	15 %
Motor Learning Quiz	20 %
Motor Learning Lab Report	20 %
Professional Qualities	10 %

COURSE REFERENCES

Recommended Texts:

1. Weinberg R. S., & Gould, D. (2011). *Foundations of sport and exercise psychology* (5th ed.). Champaign, IL: Human Kinetics.
2. Magill, R. A., & Anderson, D. (2013). *Motor Learning and Control: Concepts and applications* (10th ed.). New York: McGraw-Hill.