

Course Guide Sport Psychology

Minor; Sports Management



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MC-INSPAN-18

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January 2018

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Utrecht, 2018

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Sports Management

1 Course description

To become an elite athlete one should develop skills in four domains: physical, technical, tactical and mental. The majority of athletes acknowledge the vital role that mental skills and mental preparation play in achieving peak performance.

With the increased pressure placed on sport performers, such as athletes and coaches, developing mental skills becomes more and more important. While there has been a strong tendency in elite sport to focus on the role of individual factors (e.g., physical strength, mental toughness) in determining sport success, which has been labelled the 'myth of individualism', people start to realize that athletes and coaches operate in a highly complex social and organizational environment. Therefore, approaching mental skills from a Sport Management perspective is highly relevant.

One of the courses is the Sport Psychology module. In this module, students will get an overview of topics related to sport psychology, and learn how sport psychology can assist athletes and coaches to perform optimally. This knowledge has also been applied to other domains, such as dance and music, and has therefore also been termed performance psychology.

Different mental skills will be discussed as well as the influence these skills have on health, well-being, and performance. In addition, each week a group assignment will be presented during the meetings.

Main topics;

- Communication in sport
- Goal setting
- Imagery/visualisation
- Coping with anxiety and (negative) emotions
- Attention and concentration
- Self-talk and thought control
- Self-confidence

2 Course Goals and Learning Objectives

Learning objectives;

During the course the student works on realizing the following learning objectives:

- Students have knowledge of the role sport psychology can play in high-performance organizations
- Students understand the different mental skills that can aid sport performers (e.g., athletes, coaches) in realizing peak performance
- Students understand how organizations can integrate a mental skills training programme effectively
- Students understand the power of communication *in* sport
- Students can communicate the importance of mental skills training to others

3 Place in the Curriculum and Related Courses

The course Sport Psychology is part of the minor Sports Management and is related to the other courses in the minor, which consists of;

- 1. Sports Marketing (5 EC), term A/C**
Within this course we look at the unique marketing mix of sports organizations. In addition, we will look extensively at one of the most important elements of the promotion mix, namely sports sponsoring
- 2. Effort Physiology, term B/D (2,5 EC)**
This course is offered by the Faculty of Healthcare and provides insight into the important field of effort physiology.
- 3. Sports Finance (5EC), term B/D**
Organizations in sport often have a typical financial structure. On the basis of theoretical models and real life cases, insight is provided here.
- 4. Starting your own sports company (5EC), term B/D**
You will be challenged to write a business plan for a company in sports. This includes aspects such as marketing, operations, sponsoring and financial management.
- 5. Sports management in international perspective – exchange trip (5EC), term B/D**
In collaboration with students from and at an international partner University, you work on a practical assignment in which as many aspects of sports management as possible are dealt with, with the extra focus; the international environment and cultural aspects.
- 6. Sports management (5EC), term a/C**
In this course the specific characteristics of the sports product are discussed and the influence these characteristics have on the management of a sports organization.

4 Study Burden per Block

Total study burden per student is 70 hours. [2,5 EC]

Activity	Description	Total
Attending lectures	6 times 2 hours	12 hours
Homework and preparation	6 times 2 hours	12 hours
Group assignment	6 hours per week	36 hours
Presentation	Presentation group assignment	5 hours
Final reflection	Personal reflection	5 hours
Total		70 hours

5 Prerequisites

Not Applicable

6 Exemption Possibilities

The course is in English and assumes that the student is able to pro-actively use the English language.

There are no possibilities for exemption, unless the student can demonstrate that he / she has completed a comparable course with a different economic education with sufficient results. This is then taken into consideration and submitted to the Examination Board.

7 Competencies and Learning Objectives

During the course the student works on realizing the following learning objectives:

- Students have knowledge of the role sport psychology can play in high-performance organizations
- Students understand the different mental skills that can aid sport performers (e.g., athletes, coaches) in realizing peak performance
- Students understand how organizations can integrate a mental skills training programme effectively
- Students understand the power of communication *in* sport
- Students can communicate the importance of mental skills training to others
- Students can plan and execute research independently and in groups at a sports organization and use the results from research to write and present an improvement plan for the organization

Professional tasks:

The student has knowledge of the relevant mental skills and ways that mental skills training can be delivered in sport organizations.

Professional products:

The following professional product is made;

- An advice report for a sport organization with regard to a weekly topic
- A presentation of the advice per group
- The advisory report is worked in groups of 4 to 5 people
- For a detailed description of the assignment, see section 12 "Group Assignment and Planning"
- A personal reflection document describing what the student has learned during the course and how this can help him/her professionally

Professional acts:

- The student is able to apply the theory of the set criteria to a practical case and provide the group with a clearly readable advice report and clearly present the most important findings. The student can make an analysis of the context in which the sports association operates.

8 Didactic Forms

The education takes place in groups of a maximum of 30 students and is a combination of lectures / tutorials. Over a period of 6 weeks, the students work in groups of up to 5 people on the weekly assignment, an advisory report. During the lectures, there is room for advice regarding the group assignment. At the end of the block, students will personally reflect on the lectures. For detailed planning, see section 12.

9 Assessment

Type of assessment	Weighting	Min. Mark
Weekly group assignment	50%	5.5
Group assignment presentation	25%	5.5
Personal reflection	25%	5.5

Written exam

There will be no written exam.

- Group assignment

A weekly advisory report; this assignment is carried out in groups of a maximum of five students. Every meeting 1-3 groups have to present their report so that, in the end, every group has presented once.

- Individual assignment

At the end of the block, students will write a personal reflection document describing what the student has learned during the course and how this can help him/her professionally.

Resit

If the assignment is insufficiently assessed, the students from the group will individually be given the opportunity to improve the work they have delivered

Fraud

Fraud situations are treated very seriously. All relevant documents are submitted by the lecturers and others to the Examination Board.

An important form of fraud is plagiarism. This is understood to mean the definition given in the Dutch dictionary and the wording in the OER (Education Examination Regulations).

This implies:

1. Handing in assignments that show too many similarities with someone else's work.
2. Copying (pieces of) text or ideas of books, magazines, internet, etc. without citing the source.
3. Taking over answers from other students during the exam.
4. Allowing other students to take over your work and hand it in.

The forgery of academic, medical and other sources etc. is also a form of fraud and is treated equally seriously.

10 Course Material, Literature

Reader (mandatory)

Treated topics and literature during lectures (mandatory)
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11 Course Evaluation

Evaluation of the course and exam will take place at the end of the block on the authority of the Institute.

12 Group assignment and planning

TBD