



CHRISTIAN HERITAGE COLLEGE

HP300

PSYCHOLOGY AND SOCIOLOGY OF SPORT

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

Unit code	HP300
Unit name	Psychology and Sociology of Sport
Associated higher education awards	Bachelor of Education (Primary) Bachelor of Education (Secondary) Bachelor of Arts/Bachelor of Education (Secondary)
Duration	One semester
Level	Advanced
Core/elective	Elective
Weighting	Unit credit points: 10 Course credit points: Bachelor of Education (Primary) 320 Bachelor of Education (Secondary) 320 Bachelor of Arts/Bachelor of Education (Secondary) 320
Delivery mode	Face-to-face on-site
Student workload	<i>Face-to-face on site</i> Contact hours 30 hours Reading, study and assignment preparation 120 hours TOTAL 150 hours Students requiring additional English language support are expected to undertake an additional one hour per week.
Prerequisites/ co-requisites/ restrictions	<i>Prerequisite:</i> 20 credit points of 200-level HPE units
Rationale	The intricate relationship between the mind, body and spirit influences the well-being and potential for active engagement of individuals and teams in sporting pursuits. Health and Physical Education teachers, coaches and trainers therefore need an understanding of sociological and psychological variables that influence people's healthy engagement with sport and physical activity both in teams and as individuals. Students will engage with psychological and sociological factors that influence human movement and participation in sport and consider how Christian worldview perspectives impact their views of and engagement with sport and movement. They will apply psychological and sociological theories of sport to assist in the development of teaching practices that encourage effective and holistic participation in sporting and movement activities.
Prescribed text(s)	Selected readings will be available via the Moodle™ site for this unit.
Recommended readings	Books Biddle, S. J. H., Mutrie, N. & Gorely, T. (2015). <i>Psychology of physical activity: determinants, well-being and interventions</i> . Oxon New York, NY Routledge. Carron, A. V. & Eys, M. A. (2012). <i>Group dynamics in sport</i> . Morgantown, WV: Fitness Information Technology. Coakley, J.L. (2015). <i>Sports in society: issues and controversies</i> . (11th ed.). New York, NY McGraw-Hill Education.

	<p>Cox, R. (2012). <i>Sport psychology: concepts and applications</i>. (7th ed.). New York: McGraw-Hill.</p> <p>Earnhardt, A. C., Haridakis, P. M. & Hugenberg, B.S. (2012). <i>Sports fans, identity, and socialization exploring the fandemonium</i>. Lanham, MD: Lexington Books.</p> <p>Eitzen, D. S. (2012). <i>Fair and foul: beyond the myths and paradoxes of sport</i>. Lanham, MD: Rowman & Littlefield Publishers.</p> <p>Kremer, J. M. D., Moran, A., Craig, C. & Walker, G. (2011). <i>Key concepts in sport psychology</i>, London, UK: SAGE Publications.</p> <p>Walters, P. & Byl, J. (2013). <i>Christian Paths to Health and Wellness</i> (2nd ed.). Champaign, IL: Human Kinetics United States.</p> <p>Watson, N.J. & Parker. (2013). <i>Sports and Christianity: historical and contemporary perspectives</i>. New York, NY: Routledge.</p> <p>Wib, L. (2012). <i>Immortality in sports: a sociology of media, fame, and infamy</i>. Boulder, CO: Paradigm Publishers.</p> <p>Williams, J. M. (2014). <i>Applied sport psychology : Personal growth to peak performance</i> <i>Applied sport psychology : Personal growth to peak performance</i>. New York: McGraw-Hill.</p> <p>Journals and Periodicals</p> <p><i>Asia-Pacific Journal of Health, Sport and Physical Education</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
Specialist resource requirements	Nil
Content	<ol style="list-style-type: none"> 1. Psychology and sociology in sport: an introduction to theory and practice 2. Foundations and theories of psychology and sociology in sport and coaching 3. Motivation and performance in sport and movement 4. Teamwork, leadership and the social dimension of sport 5. Gender issues and sports 6. Indigenous sport in Australia 7. Myths and paradoxes of sport and movement 8. Competition, aggression and violence in sport 9. Sport and the spiritual: considering a christian worldview perspective
Learning outcomes	<p>On completion of this unit, students will have provided evidence that they have:</p> <ol style="list-style-type: none"> 1. understood and interrogated how foundational knowledge and theories of psychology and sociology influences engagement in sports and movement; 2. analysed and evaluated critically, issues that impact sports and movement using psychological and sociological theories and knowledge of sport; 3. analysed critically issues raised by commitment to Christian faith and engagement in sports and movement; 4. critically reflected upon issues raised by the psychology and sociology of sport and movement from a Christian perspective; 5. applied psychological and sociological theories to the development of pedagogies and practices for sport and movement; and 6. communicated at an appropriate tertiary standard: with special attention to design elements, grammars, usage, logical relations, style, referencing and presentation.

Assessment tasks	<p>Task 1: Essay</p> <p>Word length/Duration: 2000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-4, 6</p> <p>Assessed: Week 7</p> <p>Task 2: Exam</p> <p>Word length/Duration: 3 hours</p> <p>Weighting: 60%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Examination Week</p>
Unit summary	<p>Students will engage with psychological and sociological factors that influence human movement and participation in sport and consider how Christian worldview perspectives impact their views of and engagement with sport and movement . They will apply this knowledge to the development of teaching practices that encourage effective and holistic participation in sporting and movement activities.</p>

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