

Course Title: **Skill Acquisition and Sport Psychology**

Course Code: **SPOR612**

Descriptor Start Date: **01/01/2025**

POINTS: **15.00**

LEVEL: **6**

PREREQUISITE/S:

COREQUISITE/S: **SPOR624**

RESTRICTION/S:

## LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

**Total learning hours: 150**

## PRESCRIPTOR

Develops pedagogical expertise around the facilitation of sport related skills through the application of contemporary skill acquisition theory. Studies will focus on the synthesis of physical skill learning and key sport psychology skills.

## LEARNING OUTCOMES

1. Demonstrate an understanding of modern skill acquisition theory.
2. Describe selected sport psychological skills, their use and development within a practice environment.
3. Recognise and understand the needs of learners as part of skill development.
4. Demonstrate an ability to construct and appropriately guide a skill focused holistic learning environment.
5. Present work at the appropriate academic standard.

## CONTENT

- Motor behaviour
- Psychological skills
- Principles of skill acquisition
- The constraints led approach
- Skill and affect
- Perception and action
- Planning skill acquisition

**Disclaimer: Course descriptors may be amended between teaching periods/semesters**

## LEARNING & TEACHING STRATEGIES

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Lectures introduce topics. These are followed by tutorial/workshop and practical sessions where concepts introduced are further studied and applied in a practical setting. Video analysis and small group teaching techniques are also used.

## ASSESSMENT PLAN

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Assessment Event	Learning Outcomes
Written Assignment (1500 words)	LO1, LO5
Written Assignment (Template)	LO1, LO2, LO3, LO4, LO5

<b>Grade Map</b>	<b>MAP1A</b>
	A+ A A- Pass with Distinction
	B+ B B- Pass with Merit
	C+ C C- Pass
	D Fail

### Overall requirement/s to pass the course:

Students must achieve all learning outcomes in order to pass this course.

## LEARNING RESOURCES

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**For further information, contact:** Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

**Principal Programme:** AK3521, Bachelor of Sport, Exercise and Health

**Related Programme/s:** AK3521 Bachelor of Sport and Recreation

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