

# Sport Psychology 20 Course Outline

**Instructor: Miss Jennifer Foley**

**Phone:** 297-2733 Ext. 241      **E-mail:** jfoley@chinooksd.ca

**Remind Text:** text @psych20fun to (289) 814-2293

**Website:** www.liveitup4life.com

## Course Mark

**Exams & Major Assignments** will be worth  
twice as much as  
**Assignments & Quizzes** daily work.

## Final Mark

Course Outcomes = 80%  
(Specific details below)  
Final Exam/Project = 20%

## Course Overview

Psychology 20 is designed for students to explore influences on an individual's thoughts and feelings about themselves and the world. **Social psychology** is the study of human behavior and mental processes in a social context. Students will investigate connections between mental health and personal environment in relation to holistic development and behavior. As well, students will engage in investigative inquiries of contemporary psychology issues and examine major theoretical perspectives, research methods, and Saskatchewan First Nations and Métis perspectives from a social context. **Sport Psychology** is the application of social psychology to experiences and aspects within the world of sport.

### **Introduction to Sport Psychology = 10%**

P20.1 Examine historical shifts in social psychology including major theoretical perspectives, research methods related to behavior using various cultural perspectives.

### **Who I Am in Sport = 20%**

P20.2 Explore how biological, cognitive, emotional and spiritual dimensions and social factors influence the way we think and feel about the world.

P20.3 Investigate socioemotional development from early childhood through adolescence.

### **Making Sense of the Sport World = 20%**

P20.4 Investigate concepts of social-cognitive, dispositional, and biological approaches to personality and their effect on an individual.

P20.5 Investigate various mental processes in social contexts.

P20.7 Investigate connections between mental health and personal environment in relation to holistic development and behavior.

P20.8 Analyze the impact of social-constructivism ideas on developmental behaviors

### **How We Act & Interact in the Sport World = 20%**

P20.6 Assess impacts of individual behavior on relationships and society.

P20.9 Investigate contemporary social psychology issues.

### **Growth & Exploration = 10%**

P20.10 Design and carry out a detailed exploration of one or more topics of personal interest relevant to Psychology 20.

