

Lecture format

The course will be taught MOOC style. Lectures will be available every Thursday throughout the semester. The format may vary from week to week depending on the topic, however, you will always be provided with a (1) video lecture, (2) PowerPoint presentation, (3) literature regarding the discussed topic. The literature will include both scientific research papers and relevant book chapters. All literature mentioned during the lectures will be properly referenced; even if I don't upload it, you will be able to look for it. The first lecture will include several tips on how to gain access to scientific research papers. I am a firm believer in open access to research and/or education, however, I am formally required to ask you not to share the online books I grant you access to (how you chose to handle this request is up to you). I am also prohibited from uploading these papers/book chapters into the system. Therefore, I have created a Google drive folder. I am sorry for the inconvenience but this is the only way I can share the documents with you.

Overview of the lectures

- 22.2. L1 Introduction to Sport Psychology & Human Movement Studies
- 1.3. L2 Perceptual-Cognitive Skills in Sport – Attention & Anticipation & Decision Making
- 8.3. L3 Skill Acquisition in Sport I - Deliberate practice & play in sport
- 15.3. L4 Skill Acquisition in Sport II – Motor learning through a motivational lens
- 22.3. L5 Skill Acquisition in Sport III – Implicit motor learning
- 29.03. L6 Eye Tracking Methods in Sport Expertise
- 5.4. L7 Augmented Feedback in Sport + Principles of effective practice and instruction
- 12.4. L8 Psychological characteristics of expert performers
- 19.4. L9 Psychological Skills Training I
- 26.4. L10 Psychological Skills Training II
- 3.5. L11 Doing research in Sport Psychology & Human Movement Studies

10.5. L12 Esports

Google drive for the materials:

<https://drive.google.com/drive/folders/15V9ULUjdJZYltBnacubOANpd0W4PYUCf?usp=sharing>

I will grant you access upon your request. Please only use this for the drive, I will not react to emails at this address.

Course requirements

To pass the course, you will be required to engage in an assignment after selected lectures. You will be provided with a link to a Google questionnaire consisting of one open question. The question will technically not test your knowledge, it will be more of a philosophical question based on the lecture. I have decided to make all the questions available in advance (they will make more sense once you have access to the lectures).

To answer the question will be **mandatory**, however, I will not judge the answers. Each week you will have 6 days to fill in your answer (the quiz will open on Thursday and will close the next Tuesday midnight).

If for some (valid) reason you cannot complete the assignment a certain week, reach out to me in advance. Late submissions will not be accepted.

Friendly note: I will not be reminding you of the quizzes during the semester, it is your responsibility to keep track of the dates and the questionnaire links; this document is your holy grail.

Assignments

Quiz 1 What are you most interested in finding out about Sport Psychology during the course?

Opens 22.2.

Closes 27.2. 11:59pm

Link to the questionnaire <https://goo.gl/forms/URB1QTWzqF1ITC2U2>

Quiz 2 Aidan Moran (2009) in his article on Cognitive Psychology in Sport argues that cognitive science has contributed significantly to the “theoretical understanding of mental processes”. In which area do you find this contribution to be the largest?

Opens 1.3.

Closes 6.3. 11:59pm

Link to the questionnaire <https://goo.gl/forms/YRoVsug6hV1fw5ag1>

Quiz 3 Early vs late specialization: Please state your case for each type. Try to find (1) two positive impacts, (2) two negative impacts, and (3) express which you would choose as a better option. The impacts can be drawn from a variety of views (social impact, psychological, elite sports etc.)

Opens 8.3.

Closes 13.3. 11:59pm

Link to the questionnaire <https://goo.gl/forms/sEv2Tn01qERD6pi13>

Quiz 4 No Quiz

Quiz 5 Implicit motor learning has shown some promise with novice players. Do you think it could be implemented for experienced players as well? If not-why; if yes-how.

Opens 22.3.

Closes 27.3. 11:59pm

Link to the questionnaire <https://goo.gl/forms/RYnjvdxsQQiSpoYU2>

Quiz 6 Find a scientific study that uses (an) eye tracking method(s) in a sports setting, and try to critically evaluate it. The evaluation doesn't need to be long, you don't need to “prove” me you read it by pinpointing every aspect of the study, more so: look at the weak spots but also at the positive points. How does this particular research help improve the understanding of the topic and so on. Go with your instincts.

The reasoning for this assignment: I know this is different from the previous quizzes and more work. The reasoning behind it is that Week 11 will focus on research in sport psychology. I am not giving you guidelines for this assignment (what is important to focus on) and once we will deal with this topic during W11, I will give you a similar assignment so you will be able to compare your evaluations.

Opens 29.3.

Closes 3.4. 11:59pm

Link to the questionnaire <https://goo.gl/forms/pgHwdwbbSuKUb0aN2>

Quiz 7 This week's assignment is inspired by (ehm...taken out from) the conclusion part of The Role of Augmented Feedback (Leukel & Lundbye-Jensen) chapter provided in the drive (p. 150).

Consider a sensorimotor training in the rehabilitation after a stroke. What would you recommend as the content of the information provided in the form of augmented feedback? What should be the frequency of the information relative to the executed movement and what should be the timing of the feedback to maximize its effect?

Opens 5.4.

Closes 10.4. 11:59pm

Link to the questionnaire <https://goo.gl/forms/TEreyXDvwn1Cqgf13>

Quiz 8 No quiz

Quiz 9

PST intervention program

1) Female runner, 20-year-old, competing at a high level, junior national champion. Before each competition (regardless of its importance or level) she keeps throwing up by the field a couple of minutes prior to the start. Doesn't report feelings of anxiety. Her performance is not affected.

2) Male football player. Perfect penalty score during the training but always misses them during competition. He is reluctant towards psychology but the coach gave him an ultimatum; either he works on it or is out of the team.

3) Female volleyball team. One of the athletes reports bullying within the team. The coach is not aware of any problem and has no idea who might be bullied. But he wants it solved in time for the nation try-outs- in three weeks.

4) 15-year-old male gymnast. Reports anxiety attacks prior to each training. The attacks are milder when his parents are not around.

5) Male baseball player coming back to the sport after a serious life threatening injury caused by a baseball bat. Physiologically he is fit and ready to play again. However, he keeps choking during the training and

is afraid to play again. His financial situation doesn't allow him the luxury to quit the sport and his family is relying on him.

Assignment:

- 1) Pick one of the scenarios.
- 2) Pick a skill you would work on based on Vealey's mental skills model. Explain why you picked it.
- 3) From the framework for understanding MST, pick a philosophy (explain why), and pick two techniques and explain why you would use them.
- 4) Pick a method to test the effectiveness of your approach (experiment, questionnaires, and interviews) and describe how you would use it to evaluate your work.
- 5) Explain your overall approach to the situation

Opens 19.4.

Closes 24.4. 11:59pm

Link to the questionnaire <https://goo.gl/forms/Q3cTUUFAPL6Rc7wz2>

Quiz 10 No quiz

Quiz 11 Pick a study from one of the most downloaded ones from the Journal Elsevier web site <https://www.journals.elsevier.com/psychology-of-sport-and-exercise/most-downloaded-articles>
Complete a review of the study based on Sternberg's and Grigorenko's chapter on Critical thinking in designing and analysing research. Try and touch on all 21 lessons.

Opens 3.5.

Closes 8.5. 11:59pm

Link to the questionnaire Please send me your answers via email, no google questionnaire this time

Quiz 12 E-sport on the Olympics. Yes/no and why.

Opens 10.5.

Closes 15.5. 11:59

Link to the questionnaire Please send me your answers via email, no google questionnaire this time

I will be opening discussion forms each week where you can post your questions about the topics, or have a discussion with me/each other. Participation in those discussions will be voluntary. You can also use that platform to provide me with feedback on the lectures. If you'd prefer your feedback to be anonymous I can arrange that.

If you have any questions/remarks/anything, do not hesitate to reach out to me.