Course: Psychology sport/exercise — credits: 5

Course code	SKVH25BOK3
Name	Psychology sport/exercise
Study year	2026-2027
ECTS credits	5
Language	English
Coordinator	T.T. Toering
Modes of delivery	Assignment Guest lecture Lecture
Assessments	BOK 3 Psychology sport/exercise - Assignment

Learning outcomes

This course contains the following learning goals:

1. The student demonstrates knowledge about sport and exercise concepts as well as several mental skills and how these can help athletes increase their performance and well-being.
2. The student is able to apply sport and exercise concepts as well as mental skills to help solve current complex issues relevant to the sport and exercise domain (e.g., mental health issues, social inclusion and diversity, sedentary lifestyle).
3. The student is able to apply sport and exercise concepts as well as mental skills in light of their own development as a sports professional.

LILO 1. Professionalism of the sports professional. (Competency Level 2)
LILO 2. Design (Competency Level 2)
LILO 3. Implementing (Competency Level 2)

Body Of Knowledge and Skills (BOKS) for the national educational profile for Sport Studies [in Dutch: landelijk opleidingsprofiel Sportkunde]:

Sport and society:
4. Sport and physical activity as a tool
5. Social and ethical issues

Sport and health:
7. Target group analysis
9. Behavioural change

Sport and physical activity research:
13. Research methods
14. Research capabilities

Forming connections within and beyond sport and physical activity:
16. Personal and professional development
17. (Intercultural) communication and sensitivity

Content

Content of the course component: The Body of Knowledge (BOK) of sport and exercise psychology will cover central theories and concepts related to sport performance and well-being (Weinberg & Gould, 2023), such as motivation, mindset, and stress. In addition, a range of mental skills will be discussed, such as coping with adversity and stress management. Students will be expected to apply their knowledge and skills in several contexts relevant to sport, society, health and entrepreneurship to enhance their understanding of how psychological processes can play a role in these contexts. Specific attention will be given to how the environment in which we act can influence our behavior. A well-known concept in this regard is nudging (Thaler & Sunstein, 2009). This BOK also focuses on students' professional development through self-reflection skills.

During the course, you'll work on weekly assignments related to mental skills and how they influence athletes' performance and well-being. In addition, there will be assignments in which you can research yourself when it comes to concepts and skills relevant to your professional development. The module assignment will entail the application of sport psychological concepts to contribute to solutions of a complex societal issue in the domain of sport (e.g., mental health decrease, social inclusion and diversity, sedentary lifestyle).

Sources:
Thaler, R. H., & Sunstein, C. R. (2009). *Nudge: Improving Decisions About Health, Wealth and Happiness*. Pengiun Books.

Weinberg, R. S., & Gould, D. (2023). *Foundations of sport and exercise psychology*. Human Kinetics.

Course structure: The course consists of (guest) lectures, assignments, and work field visits (if possible).

Assessment structure: Assignment

Literature and any costs: -

Included in programme(s)

Sport Studies

School(s)

Well-being, Education & Sport

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