

BEHV 3025 SPORT AND EXERCISE PSYCHOLOGY

Credit Points 10

Legacy Code 401055

Coordinator Rhiannon White ([https://directory.westernsydney.edu.au/search/name/Rhiannon White/](https://directory.westernsydney.edu.au/search/name/Rhiannon%20White/))

Description This subject explores psychological factors that affect sport performance (e.g., self-efficacy and concentration), psychological factors that predict and increase participation in physical activity (e.g., motivation), and psychological outcomes of physical activity (e.g., mental health, resilience, and cognitive development). Students will examine theory and research and draw upon their own experiences, to apply sport and exercise psychology principles to a variety of real-world scenarios, and design strategies relevant to different contexts such as physical education, personal training, exercise physiology, coaching, and health promotion.

School Health Sciences

Discipline Human Movement

Student Contribution Band HECS Band 4 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 3 subject

Equivalent Subjects LGYA 1536 - Sport and Exercise Psychology BEHV 2014 - Sport and Exercise Psychology

Incompatible Subjects BEHV 1005 - Introduction to Sport Psychology BEHV 2004 - Exercise Psychology LGYA 7219 - Sociological Aspects

Restrictions

Students must be enrolled in program 4659 Bachelor of Health Science (PDHPE), 4658 Bachelor of Health Science - Sport and Exercise Science, 4742 Bachelor of Health Science (Health and Physical Education)-Pathway to Teaching (Secondary), 4747 Bachelor of Health Science (Health and Physical Education), 1939 Bachelor of Education (Secondary) or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education).

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Analyse the evidence related to the cognitive, affective and behavioural outcomes of physical activity participation.
2. Design theory and evidence-based interventions that will promote adoption and adherence to exercise.
3. Assess the influences of psychological factors on participant experiences and performance in sport.
4. Critically evaluate how psychological strategies can be implemented to enhance sporting performance and increase exercise adherence throughout the lifespan.
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Subject Content

1. Sport confidence
2. Anxiety and performance
3. Concentration and performance
4. Team building
5. Motivation and exercise adoption
6. Motivation and exercise maintenance
7. Psychosocial predictors of physical activity participation
8. Psychosocial factors influencing participants' experiences
9. Goal setting
10. Exercise and mental wellbeing

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Short Answer	800 words	30	N	Individual	N
Proposal	5 minutes	40	N	Individual	N
End-of-session Exam	60 minutes	30	N	Individual	N

Teaching Periods

Spring (2025)

Campbelltown

On-site

Subject Contact Rhiannon White ([https://directory.westernsydney.edu.au/search/name/Rhiannon White/](https://directory.westernsydney.edu.au/search/name/Rhiannon%20White/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV3025_25-SPR_CA_1#subjects)

Penrith (Kingswood)

On-site

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View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV3025_25-SPR_KW_1#subjects)