How this course will work for you

Your Personal Sport Psychology Tutor

Once you have enrolled as a student with us, a personal tutor will be assigned to you to work with you throughout your studies and provide expert guidance and tuition.

Continuous Assessment

This course is divided into 10 study units. At the end of each study unit is an assignment to be completed and sent in to your tutor at the college. Each will be promptly returned to you with helpful comments and your next study unit.

Throughout your course you will receive regular feedback and encouragement from your tutor to help ensure the successful completion of your studies.

Confidentiality

All your course work and any correspondence with the college will be treated as strictly private and confidential.

Textbook

An excellent textbook, carefully chosen by our course writers to compliment this study programme, will be sent out to you with your first study units. This is yours to keep as a valuable and permanent reference long after you have completed the course.

Our Diploma

Here at Kilroy's College, our Diploma is awarded to students based on their work throughout their course. So, on the successful completion of all your written assignments, you will receive your Kilroy's College Diploma in Sport Psychology.

The Future

Many of our students tell us that completing a Kilroy's College course has given them the training and confidence to improve their perfomance in sport, study further, begin work, change careers or earn more income.

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Studying Sport Psychology with Kilroy's College will bring you many advantages

- The college is open all year, so you can start at the time that suits you best.
- This Sport Psychology course allows you the flexibility and confidentiality of studying at home without having to take time out from work or personal commitments.
- It offers you valuable savings in time and transportation because you complete your entire course from home.
- At Kilroy's College there is no age limit, no need for previous study and no pressure to progress any faster than you wish.
- Our tuition is private and personal - you will be in a "class of one" with your own tutor, an experienced and qualified specialist in Sport Psychology.
- Getting started is easy – simply return your enrolment form to us by FREEPOST or, to save time, you can enrol by credit card over the phone.
- Once enrolled, you will receive everything that you need to get started in your Student Study Pack.
- On the successful completion of your course, you will be awarded the Kilroy's College Diploma in Sport Psychology in recognition of your educational achievement.

You are in a correspondence class of one but you are never on your own. Our team of Student Advisors is here to assist you if you wish to get more information about this course or if you have any queries during your studies. You can phone us during office hours or leave a message on our voice mail service.

LOCALL: 1850 700 700 (24 hrs)
CALL: 353 (0)1 662 0538
WRITE: Wentworth House,
Grand Canal Street,
Dublin 2, Ireland
EMAIL: homestudy@kilroyscollege.ie
www.kilroyscollege.ie

PS PSYCHOLOGY

Sport Psychology

How Psychology is currently impacting on all areas of modern sport



KILROY'S COLLEGE

Bringing education home since 1932

An adult education home study Sport Psychology programme

Modern sporting behaviour is using insights from many different sciences in the search for the "ultimate" performance. As the MENTAL component in sport is such an important factor, psychology is assuming an increasingly important role in this field. You will discover that Sport Psychology will open up new horizons of pleasure and satisfaction in your own particular sporting activity.

Sport Psychology aims to provide participants with the most up-to-date information on how psychology is currently impacting on all areas of modern sport. It is a private Home Study course and will include many learning exercises, individual profiling and case-studies on the key characteristics which every successful sports person has in common. It can be highly recommended to players of any sport and to parents, teachers and coaches. The College Diploma is awarded on the successful completion of the course.

Course Content

UNIT 1

THE EVOLUTION OF SPORT PSYCHOLOGY

- Introduction
- Why psychology in sport?
- Background to sporting behaviour
- The sociology of sport
- The philosophy of sporting behaviour
- The development of sport psychology

UNIT 2

A HEALTHY MIND IN A HEALTHY BODY

- Exercise psychology - keeping the exercise habit
- The body-mind
- Body and mind in sport - psychosomatics
- The biological basis of sporting behaviour
- Stress and sport
- Drugs in sport
- Injury in sport

UNIT 3

THE PSYCHOLOGY OF WINNING

- Sport psychology and achievement in sport
- The psychology of athletes
- Motivation in sport
- The winning factors in sport
- Training for success
- Sport and life

UNIT 4

CHILD'S PLAY - GUIDANCE FOR PARENTS

- The social context
- Childhood influences on sport
- Basic child psychology
- Development of motor (physical) skills in children
- Fitness in children
- The benefits (to children) of participating in sport

UNIT 5

PSYCHOLOGY OF SKILL

- Psychological background
- More aspects of skill
- The motor skill sequence
- The importance of physical fitness
- What happens when people learn?
- Goal setting

UNIT 6

A CHAMPION PERSONALITY

- What makes a champion?
- What is personality?
- The scientific approach to personality measurement
- Motivation - an essential topic
- Emotion in sport
- The personal construct approach to knowing your own personality
- The benefits of sport participation

UNIT 7

THE COACHING PROCESS

- Different preparations for different sports
- Coaching and performance
- The coaching process
- Principles of training and fitness
- Programmes for fitness
- Approaches to coaching
- Reccomendations for effective coaching practice
- Psychology in crunch situations (imparting confidence on the day)

UNIT 8

PSYCHOLOGICAL SKILLS TRAINING (PST)

- Applying psychology
- Psychology applied to your life
- Applied psychology and behavioural change
- What is PST?
- Implementing PST in a group setting
- Applying PST in your sport

UNIT 9

THE AUDIENCE EFFECTS IN SPORT

- Why social psychology?
- Social psychology meets sport
- Social motivation
- The sociology of games
- Aggression in sport
- What is success and failure
- Improving communication skills
- Building team spirit

UNIT 10

PUTTING IT ALL TOGETHER

- The philosophy of sport psychology
- Delivering sport psychology effectively
- Implementing a sport psychology programme in your setting
- Stress and your lifestyle

Now you have a choice. You can complete your course by distance learning using the postal system or you can use our new on-line study facility. Should you need any help using the online system, we'll be happy to offer advice. Our e-learning co-ordinator is on hand to take phone calls or email enquiries.

Contact online@kilroyscollege.ie +353 1 6620538(9-5Mon-Fri)

We are with you every step of the way

Founded in 1932, Kilroy's College is Ireland's largest correspondence college with a record unique in Irish educational enterprise

The Irish Independent

- KILROY'S COLLEGE -

Specialists in home study training courses