

THE EDUCATION UNIVERSITY OF HONG KONG

Course Outline

Part I

Programme Title	: Bachelor of Education (Honours) (Physical Education)
Programme QF Level	: 5
Course Title	: Psychology and Sociology of Sport in Hong Kong
Course Code	: PES4249
Department	: Department of Health and Physical Education; Department of Social Sciences
Credit Points	: 3
Contact Hours	: 39 (26 hours lecture & 13 hours tutorial)
Pre-requisite(s)	: NIL
Medium of Instruction	: English
Course Level	: 4

Part II

The University's Graduate Attributes and seven Generic Intended Learning Outcomes (GILOs) represent the attributes of ideal EdUHK graduates and their expected qualities respectively. Learning outcomes work coherently at the University (GILOs), programme (Programme Intended Learning Outcomes) and course (Course Intended Learning Outcomes) levels to achieve the goal of nurturing students with important graduate attributes.

In gist, the Graduate Attributes for Sub-degree, Undergraduate, Taught Postgraduate, Professional Doctorate and Research Postgraduate students consist of the following three domains (i.e. in short "PEER & I"):

- Professional Excellence;
- Ethical Responsibility; &
- Innovation.

The descriptors under these three domains are different for the three groups of students in order to reflect the respective level of Graduate Attributes.

The seven GILOs are:

1. Problem Solving Skills
2. Critical Thinking Skills
3. Creative Thinking Skills
- 4a. Oral Communication Skills
- 4b. Written Communication Skills
5. Social Interaction Skills
6. Ethical Decision Making
7. Global Perspectives

1. Course Synopsis

This course studies sports from social sciences perspectives with reference to the issues arising from the teaching and learning in primary and secondary school physical education curriculum in Hong Kong with local and global references. Topics popularly debated in academics on sports psychology and sociology of sports are examined and students will be guided to have intellectual discussion on such dynamics in the context of Hong Kong as well as the athletic performance. Selected modules include, but not only confine to, stress, motivation and collegiality in psychology; and identity, socialization and deviance in sociology of sports. To consolidate the effectiveness of learning for the aspiring teacher enrollees, the course will further review the prevailing curricular and pedagogical practice of Physical Education in Hong Kong.

2. Course Intended Learning Outcomes (CILOs)

Upon completion of this course, students will be able to:

- CILO₁ devise an outline of the contemporary issues and future directions in sport and exercise psychology.
- CILO₂ explain psychological theories by giving appropriate examples in sport and exercise situations.
- CILO₃ analyze critically the psychological factors affecting sport performance and exercise adherence and suggest appropriate intervention strategies.
- CILO₄ demonstrate knowledge of the central facts, concepts, principles and the unique methods of inquiry in sport sociology.
- CILO₅ develop and apply critical thought, creative imagination and rationality from a sociological perspective on current issues of sports and physical education.

3. Content, CILOs and Teaching & Learning Activities

Course Content	CILOs	Suggested Teaching & Learning Activities
Achievement motivation in sport: goal orientations, attribution, intrinsic and extrinsic motivation, self-confidence.	CILO _{1,2}	Lecture Role play Discussion
Psychological enhancement through exercise and sport participation: anxiety, stress, depression, mood changes, and personality.	CILO _{1,3}	Lecture Discussion Class participation
Exercise adherence: factors associated with exercise participation, and strategies to enhance adherence to exercise.	CILO _{1,3}	Lecture Survey & interview Presentation
An overview of major schools of thought and methods of inquiry in sports & society & politics	CILO ₄	Lecture, Discussion, Case study, field visits, interaction with practitioners and guest lecture on specific topics
Key topics on sociology of sports: culture, socialization, social stratification, players migration, deviance of fans & players and their control, and gender	CILO ₄	
Key topics on politics of sports: identity & representation, sporting nationalism, International non governmental organization, bureaucracy and hierarchy	CILO ₄	
Critical analysis and application of sociological perspectives of the curriculum and sport pedagogy.	CILO _{4,5}	

4. Assessment

Assessment Tasks	Weighting (%)	CILO
Written test Students are required to demonstrate their understanding of each lecture content and the ability to apply psychological and sociological theories in sport settings	50%	CILO _{1,2,3,4,5}
Group project Students are required to collaborate with their group members in submitting a case study (approx. 2,000 words) either in the perspectives of sports psychology or sociology of sports. The review is required to include a synthesis on at least 3 related journal articles.	50%	CILO _{1,2,3,4,5}

5. Use of Generative AI in Course Assessments

Please select one option only that applies to this course:

Not Permitted: In this course, the use of generative AI tools is not allowed for any assessment tasks.

Permitted: In this course, generative AI tools may be used in some or all assessment tasks. Instructors will provide specific instructions, including any restrictions or additional requirements (e.g., proper acknowledgement, reflective reports), during the first lesson and in relevant assessment briefs.

6. Required Text(s)

Weinberg, R., & Gould D. (2015). *Foundations of Sport and Exercise Psychology* (6th Ed.). Human Kinetics.

Coakley, J. (2017). *Sports in Society: Issues & Controversies*. (12th Ed.). McGraw-Hill.

7. Recommended Readings

Cox, R. (2012). *Sport Psychology: Concepts and Applications* (7th Ed.). NY: McGraw Hill.

Jamieson, K. M. & Smith, M. M. (2016). *Fundamentals of Sociology of Sport and Physical Activity*. Human Kinetics.

Kornspan, A. (2009). *Fundamentals of Sport and Exercise Psychology*. Human Kinetics.

Schinke, R. J., McGannon, K. R. & Smith, B. (2015). *Community Based Research in Sport, Exercise and Health Science*. Routledge.

毛志雄 (2011)：《體育運動心理學簡編》，北京，北京體育大學出版社。

楊華東，張莉斌 (2012)：《體育心理學》，北京，北京師範大學出版社。

司琦 (2012)：《鍛煉心理學》，浙江，浙江大學出版社。

郭亞飛，劉煒（主編）(2012)：《社會體育學》，北京，北京師範大學出版社。

課程發展處 – 體育組 (2009)：《體育(香港中學文憑)教材套 – 提升自我》，香港，香港特別行政區政府教育局課程發展處體育組。

課程發展處 – 體育組 (2009)：《體育(香港中學文憑)教材套 – 關心社群》，香港，香港特別行政區政府教育局課程發展處體育組。

8. Related Web Resources

Association for the Advancement of Applied Sport Psychology

<http://www.aaasponline.org/index2.html>

Athletic Insight, an online journal of sport psychology

<http://www.athleticinsight.com/>

European Federation of Sport Psychology

<http://www.psychology.lu.se/FEPSAC/>

International Society of Sport Psychology

<http://www.fitinfotech.com/ISSP/index.tpl>

North America Society for the psychology of Sport and Physical Activity

<http://www.naspspa.org/>

North American Society for the Sociology of Sport

<http://www.nasss.org/>

Sport and Exercise Psychology) American Psychological Association Division 47

<http://www.psyc.unt.edu/apadiv47/>

Social Science Information Gateway (SOSIG).

http://www.sosig.ac.uk/about_us/

Sociology of Sport Online

<http://phyped.otago.ac.nz/sosol/v1i1/v1i1a7.htm>

9. Related Journals

International Journal of Sport Psychology

International Review for the Sociology of Sport

Journal of Applied Sport Psychology

Journal of Sport & Exercise Psychology

Sociology of Sport Journal

Sport, education and society

Sport in society: cultures, commerce, media, politics.

10. Academic Honesty

The University upholds the principles of honesty in all areas of academic work. We expect our students to carry out all academic activities honestly and in good faith. Please refer to the *Policy on Academic Honesty, Responsibility and Integrity* (<https://www.eduhk.hk/re/modules/downloads/visit.php?cid=9&lid=89>). Students should familiarize themselves with the Policy.

11. Others

NIL

Last Update: 09-02-2023