
PSYC216: Foundations of Sport and Exercise Psychology

Subject Outline

6 credit points

Subject Information

Autumn, 2026, Wollongong
On Campus

On-Campus Delivery This subject is delivered in-person and includes on-campus or other location-based learning activities that cannot be undertaken by students studying Online/Distance. Students unable to attend campus or any other nominated physical delivery location should not enrol in this subject.

Subjects with a delivery mode of On Campus and/or Flexible with International Student enrolments will be delivered in accordance with the ESOS National Code. That is, online learning experiences (such as lectures, tuition, and resources) will be supplementary to in-person learning experiences such as scheduled classes and/or scheduled contact hours.

UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.

For up-to-date information please refer to your subject's Moodle site.

The Faculty of Science, Medicine and Health

The Faculty of Science, Medicine and Health offers a range of undergraduate and postgraduate programs designed to meet the needs of a diverse student population. We carry out world-leading research which is strongly aligned with our teaching program

As a student of our faculty, you will be actively engaged in learning with extensive clinical, laboratory and/or field work experiences, use of advanced educational technologies and opportunities for enriching work experience. More information about the Faculty of Science, Medicine and Health and our School is available on our web pages: <https://www.uow.edu.au/science-medicine-health/>

Within many of our courses, attending a workplace experience or clinical placement is an exciting part of your course program. Whilst integral to your learning, these health-related placements also let you experience what it's like to work as a professional in real-life workplace settings. More information about requirements for Health Placements is available on our webpage: <https://www.uow.edu.au/student/health-placements/>

Psychology Inherent Requirements

Inherent requirements are the essential components of a course or unit that demonstrate the abilities, knowledge and skills to achieve the core learning outcomes of the course or unit, while preserving the academic integrity of the University's learning, assessment and accreditation process. The inherent requirements are the abilities, knowledge and skills needed to complete the course that must be met by all students.

3 year degrees - [Inherent requirements - 3 year course - University of Wollongong – UOW](#)

Honours degrees - [Inherent requirements - Honours - University of Wollongong – UOW](#)

Teaching Staff

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Teaching Staff Additional Information

Refer to Moodle for tutor contact details

Expectations of Students

UOW values are intellectual openness, excellence and dedication, empowerment and academic freedom, mutual respect and diversity, recognition and performance. We will provide a safe, equitable and orderly environment for the University community, and expect each member of our community to behave responsibly and ethically ([Student Conduct Rules](#)).

We expect that students demonstrate these values and professional behaviour, both face to face and online, making genuine efforts to complete their studies successfully, arriving on time to class, taking part constructively in class discussions and activities, demonstrating appropriate professional and ethical conduct in all communication with UOW staff and community members, and submitting assignments on time (or completing a request for Academic Consideration in advance if needed).

Appropriate Online Behaviour

The University is committed to providing a safe, respectful, equitable and orderly environment for the University community, and expects each member of that community to behave responsibly and ethically. Students must comply with the University's [Student Conduct Rules](#) and related policies including the [IT Acceptable Use Policy](#) and [Bullying Prevention Policy](#), whether undertaking their studies face-to-face, online.

For more information on appropriate communication and etiquette in the online environment please refer to the guide [Online and Email Etiquette](#).

Copyright

Commonwealth of Australia

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Hardcopies of this document are considered uncontrolled please refer to your Moodle site for the latest version.

Table of Contents

Section A: General Information	6
Learning Outcomes	6
Subject Learning Outcomes	6
Subject Description	6
Course Handbook	6
Subject Details: Practical Activities, eLearning, Readings and Materials	6
Subject eLearning	6
Safety Guidelines	6
Lab/Practical/Fieldwork/Simulation Safety Guidelines	6
EMBEDDED Work Integrated Learning	7
Using Generative Artificial Intelligence (GenAI)	7
Major Text(s)	7
Recommended Readings and Other Resources	7
Lectures, Tutorials and Attendance Requirements	7
Lecture Times *	7
Lecture Program *	8
Additional Lecture Comments	8
Recording of Teaching and Learning Activities	8
Your Privacy - Recording of Teaching and Learning	9
Tutorial/Seminar/Workshop Times	9
Tutorial/Seminar/Workshop Program	9
Recent Improvements to Subject	10
Extraordinary Changes to the Subject Outline	10
Learning Analytics	10
Section B: Assessment	11
Assessment Summary	11
Minimum Requirements to Pass this Subject	14
Hurdle Assessment	14
UOW Grade Descriptors	14
Assessment Learning Outcome Matrix	14
Submission, Retention and Collection of Written Assessment	15
Extensions	15
Late Submission of Assessment Tasks and Penalties	15
Collection	15
Retention	15
Scaling	15
Supplementary Assessment	16
Review and Appeal of Academic Decisions	16
Assessment Quality Cycle	16
Academic Integrity	16
Referencing	16
Section C: General Advice for Students - Policies and Procedures	17
Student Services and Support	17
Student Support Coordinator (SSC)	17
Student Advocacy Service	17
AskUOW	17
Library Services	18
Academic Integrity Policy	18
Code of Practice - Research	18
Honours Policy	18
The Code of Practice - Work Integrated Learning (Professional Experience)	18
Copyright Policy	18
Course Progress Policy	18
Examination Rules and Procedures	18
Ethical Objection by Students to the Use of Animal and Animal Products in Coursework Subjects	18

Coursework Rules	19
Human Research Ethics	19
Inclusive Language Guidelines	19
Intellectual Property Policy.....	19
Review and Appeal of Academic Decisions Policy	19
Student Academic Consideration Policy.....	19
The Student Charter - Your Rights and Responsibilities	19
Student Assignment of Intellectual Property (IP) Policy	19
Student Conduct Rules.....	20
Teaching and Assessment: Assessment and Feedback Policy	20
Teaching and Assessment: Code of Practice - Teaching.....	20
Teaching and Assessment: Subject Delivery Policy	20
Workplace Health & Safety Policy	20

Section A: General Information

Learning Outcomes

Subject Learning Outcomes

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

1. Identify and explain foundational principles of sport and exercise psychology.
2. Apply foundational principles of sport and exercise psychology in sport and exercise settings.
3. Critically examine and analyse the ways in which multiple principles influence the practice of sport and exercise psychology.
4. Evaluate the appropriateness and strength of sport and exercise psychology interventions in practice.
5. Design evidence-based sport and exercise psychology interventions in practice.

Subject Description

The objective of PSYC216 is to identify, explain and apply the foundational principles of sport and exercise psychology across a broad range of sport and exercise settings. The key skills that students will learn are to critically examine the ways that multiple principles may apply to any particular situation, and to design and evaluate effective and evidence-based interventions. The subject has a dual focus on exercise psychology (e.g., why people become physically active) and sport psychology (e.g., why some people perform well under pressure), as well as key principles that cut across both fields (e.g., motivation, goal setting). Lectures will cover the foundational principles, while tutorials and assessment tasks are designed to help students to apply those principles in practice.

Course Handbook

Information about subject pre-requisites, co-requisites and restrictions as well as course completion requirements and Course Learning Outcomes can be found in the [Course Handbook](#).

Subject Details: Practical Activities, eLearning, Readings and Materials

Subject eLearning

The University uses the eLearning system Moodle to support all coursework subjects. The subject Moodle site can be accessed via your SOLS page.

Safety Guidelines

Lab/Practical/Fieldwork/Simulation Safety Guidelines

The rules below are general rules that are required when participating in labs or practical activities. Before commencing these activities, you are to ensure that you understand specific procedures and policy related to safety.

- Before commencing any activity, you are to ensure that you understand specific procedures and policy related to the lab in which you work and safety in general.
- You may need to review a Risk Assessment and complete a Participant Acknowledgement form before commencing any experiments/practical work. These materials will be made available by the lab supervisor/Subject Coordinator.
- You must inform the Subject Coordinator of any medical conditions which may impact upon your ability to participate in these activities before commencing the practical.
- All Reasonable Adjustment cases must be discussed with the Subject Coordinator prior to commencing the activity

- Participation in the lab/practical/field/simulation activities may be denied to students who do not abide by these, and other conditions which may be specified by the Subject Coordinator.
- Never use any equipment or attempt any experiment without checking the safety implications with your laboratory supervisor or experienced delegated laboratory worker.
- Undergraduate students are not permitted to work after hours unless there is appropriate approval and supervision.

EMBEDDED Work Integrated Learning

This subject contains elements of 'Embedded WIL'. Students in this subject will experience activities that relate to or simulate professional practice as part of their learning.

Using Generative Artificial Intelligence (GenAI)

UOW is committed to embracing gen AI as a tool to enhance learning and development of important digital and work-readiness skills.

Your subject coordinator will provide specific guidance on the use of gen AI in your assessment tasks via your Subject Outline and/or your subject Moodle site. If gen AI use is permitted, it should be used thoughtfully, critically, and in ways that support your own learning.

Guidance on appropriate use of AI in assessments, including how to [acknowledge GenAI](#) can be found on the [Using Generative Artificial Intelligence in Assessment website](#)

You are responsible for all work you submit, and ethical use of gen AI is an important part of maintaining academic integrity. Misuse or unauthorised use may breach the [Academic Integrity Policy](#).

Major Text(s)

The major text for PSYC216 is accessible online for free at <https://doi.org/10.51224/B1000>. This is an open-access textbook, meaning you will not be required to purchase a textbook. Relevant readings from the text will be given week by week via Moodle.

- Zenko, Z., & Jones, L. (Eds.).(2021). Essentials of exercise and sport psychology: An open access textbook. Society for Transparency, Openness, and Replication in Kinesiology. <https://doi.org/10.51224/B1000>

Recommended Readings and Other Resources

See details provided on Moodle

This is not an exhaustive list of references. Students should also use the library catalogue and databases to locate additional resources.

Lectures, Tutorials and Attendance Requirements

Lecture Times *

UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.

For up-to-date information please refer to your subject's Moodle site.

Up to date timetable and delivery information is located at <http://www.uow.edu.au/student/timetables/index.html>

You can access your personal timetable by logging into SOLS and selecting 'My Timetable'

Lecture Program *

Week	Commencing	Topics Covered	Readings
1	02 Mar 2026	Being a sport and exercise psychologist	Refer to Moodle
2	09 Mar 2026	Goal setting	Refer to Moodle
3	16 Mar 2026	Motivation and why people exercise #1	Refer to Moodle
4	23 Mar 2026	Motivation and why people exercise #2	Refer to Moodle
5	30 Mar 2026	Designing physical activity interventions	Refer to Moodle
6	06 Apr 2026	Research week - no lecture	No readings
7	13 Apr 2026	Mental health	Refer to Moodle
	20 Apr 2026	Mid-Session Recess	
8	27 Apr 2026	Injury, burnout, and concussion	Refer to Moodle
9	04 May 2026	Performance under pressure	Refer to Moodle
10	11 May 2026	Confidence & optimal psychological states	Refer to Moodle
11	18 May 2026	Psychological skills training	Refer to Moodle
12	25 May 2026	Psychology for sports teams	Refer to Moodle
13	01 Jun 2026	Sports coaching	Refer to Moodle
	08 Jun 2026	Study Recess	
	13 Jun 2026	Examinations	
	20 Jun 2026	Examinations	

* The above times and program may be subject to change. Students will be notified of any change via SOLS.

Additional Lecture Comments

All lectures are pre-recorded and delivered via Moodle. Lectures will be presented via Moodle workbooks and will also include the completion of online activities during the lectures. Lectures will be available online prior to the week as outlined within the lecture schedule. The online lecture material will be critical to successfully completing all assessments.

Lecture material should be viewed prior to attending the tutorial for the corresponding week (i.e., the Week 2 lecture should be viewed prior to attending the Week 2 tutorial).

Recording of Teaching and Learning Activities

The University of Wollongong supports the recording of UOW educational content as a supplemental study tool, to provide students with equity of access, and as a technology-enriched learning strategy to enhance the student experience.

If you make your own recording of a lecture, class, seminar, workshop or any other educational session provided as part of your course of study you can only do so with the explicit permission of the lecturer and those people who are also being recorded.

You may only use educational content recorded through the delivery of subject or course content, whether they are your own or recorded by the university, for your own educational purposes. Recordings cannot be altered, shared or published on another platform, without permission of the University, and to do so may contravene the University's Copyright Policy, Privacy Policy, Intellectual Property Policy, IT Acceptable Use Policy and Student Conduct Rules. Unauthorised sharing of recordings may also involve a breach of law under the Copyright Act 1969.

Most lectures in this subject will be recorded, when they are scheduled in venues that are equipped with lecture recording technology and made available via the subject Moodle site within 48 hours.

Your Privacy - Recording of Teaching and Learning

In accordance with the Student Privacy & Disclosure Statement, and Lecture Recording Procedures when undertaking our normal teaching and learning activities, the University may collect your personal information. This collection may occur incidentally during the recording of lectures in equipped venues (i.e. when your identity can be ascertained by your image, voice or opinion), or via the delivery of online content therefore the University further advises students that:

- Lecture recordings are made available to students, university staff, and affiliates, securely via the Learning Platform;
- Recordings are made available only for the purpose for which they were recorded, for example, as a supplemental study tool or to support equity and access to educational resources;

If you have any concerns about the use or accuracy of your personal information collected in a lecture recording, you may approach your Subject Coordinator to discuss your particular circumstances.

The University is committed to ensuring your privacy is protected. If you have a concern about how your personal information is being used or managed, please refer to the University's Privacy Policy or consult our Privacy webpage <https://www.uow.edu.au/privacy/>

Tutorial/Seminar/Workshop Times

The Faculty uses the SMP Online Tutorial System and your class times and locations can be found at <https://www.uow.edu.au/student/timetables/index.html>. Please note that class times on the timetable are provisional and may change.

Tutorial/Seminar/Workshop Program

Where the restrictions require temporary adjustments for delivery and tutorial/seminar/workshop arrangements, any necessary changes will be advised and provided by your Subject Coordinator. Please check Subject Moodle site regularly

Week	Week Commencing	Topics Covered	Readings and Activities
1	02 Mar 2026	No tutorial	No readings/activities
2	09 Mar 2026	Being a sport and exercise psychologist/goal setting	Refer to Moodle
3	16 Mar 2026	Motivation and why people exercise #1	Refer to Moodle
4	23 Mar 2026	Motivation and why people exercise #2	Refer to Moodle
5	30 Mar 2026	Designing physical activity interventions	Refer to Moodle
6	06 Apr 2026	Research week - no tutorial	No readings/activities
7	13 Apr 2026	Mental health	Refer to Moodle
	20 Apr 2026	Mid-Session Recess	
8	27 Apr 2026	Injury, burnout and concussion	Refer to Moodle
9	04 May 2026	Performance under pressure	Refer to Moodle
10	11 May 2026	Confidence and optimal psychological states	Refer to Moodle
11	18 May 2026	Psychological skills training	Refer to Moodle
12	25 May 2026	Psychology for sports teams	Refer to Moodle
13	01 Jun 2026	Sports coaching	Refer to Moodle
	08 Jun 2026	Study Recess	
	13 Jun 2026	Examinations	
	20 Jun 2026	Examinations	

The above program may be subject to change.

Recent Improvements to Subject

The Faculty of Science, Medicine and Health is committed to continual improvement in teaching and learning and takes into consideration student feedback from many sources including, direct student feedback to tutors and lecturers and responses to the Subject and Course Evaluation Surveys. Feedback is also used to inform comprehensive reviews of subjects and courses.

6 th edition	Rory Darkins, School of Psychology, UOW Tutorial content and activities updated	2026
5 th edition	Matthew Schweickle, School of Psychology, UOW Case conference assessment task changed from a group assessment to a group and individual assessment.	2025
4 th edition	Stewart Vella and Matthew Schweickle, School of Psychology, UOW Subject description and subject learning outcomes updated Lecture and tutorial content updated Assessment tasks updated	2024
3 rd edition	Mark Allen, School of Psychology, UOW Lecture content updated to incorporate new research and theory	2022
2 nd edition	Mark Allen, School of Psychology, UOW Exam changed to online multiple choice due to covid-19 pandemic One tutorial removed and an extra week added for presentations to accommodate larger tutorial classes	2021
1 st edition	Mark Allen, School of Psychology, UOW PSYC216 is a new subject and replaces the old PSYC116 subject. All lectures, tutorials, and assessments have been updated to reflect Level 2 standards.	2020

Extraordinary Changes to the Subject Outline

In extraordinary circumstances the provisions stipulated in this Subject Outline may require amendment after the Subject Outline has been distributed. All students enrolled in the subject must be notified and have the opportunity to provide feedback in relation to the amendment, where practicable, prior to the amendment being finalised.

Learning Analytics

Learning Analytics data (such as student engagement with Moodle, access to recorded lectures, University Library usage, task marks, and use of SOLS) may be used by the Subject Coordinator and your faculty's Head of Students to assist in analysing student engagement, and to identify and recommend support for students identified who may be in need of assistance. If you have questions about the kinds of data the University uses, how we collect it, and how we protect your privacy in the use of this data, please refer to <https://www.uow.edu.au/privacy/>

Section B: Assessment

Assessment Summary

Assessment Item	Form of Assessment	%
Assessment 1	Quiz	10%
Assessment 2	Report	20%
Assessment 3	Professional Task	30%
Assessment 4	Assignment	40%
	TOTAL MARKS	100%

Please note: Copies of student work may be retained by the University in order to facilitate quality assurance of assessment processes.

Assessment 1: Quiz - 2 Quizzes

Marking Criteria	Assessment 1 will comprise two quizzes (worth 5% each). These will take place in Week 4 and Week 10. Each quiz will comprise 20 multiple-choice questions, and be completed via Moodle. Quiz 1 will examine content from Weeks 1 to 3 inclusive. Quiz 2 will examine content from Weeks 4 to 9 inclusive. There will be no negative scoring for incorrect answers.
Length	Each quiz will be 20 minutes long, and contain 20 multiple choice questions.
Weighting	10%
Assessment Due	23 Mar 2026 (Monday in Session Week 4) 11 May 2026 (Monday in Session Week 10) Final submission time: 8:00pm
Type of Collaboration	Individual assessment
Style and format	Quiz 1 - Opens 8am Monday 23 March, and closes 8pm Monday 23rd March 2026 Quiz 2 - Opens 8am Monday 11 May, and closes 8pm Monday 11 May 2026
Generative AI use	The use of GenAI is not permitted in this assessment. The quizzes will test the independent learning of the student.
Assessment submission	Online via Moodle
Assessment return	Marks will be available via Moodle.
Detailed information	Quiz 1 and Quiz 2 will be completed on Moodle during the quiz opening hours (noted above). The quiz is to be completed and submitted online for grading using the Assessments tab of the Subject Moodle site.

Assessment 2: Report - Intervention

Marking Criteria	This task requires students to evaluate the appropriateness and strength of a sport and exercise psychology intervention. Students will be given a case formulation and intervention plan. Students will critically examine the strengths and weaknesses of the proposed intervention, including its ability to meet the needs set out in the case formulation, its evidence base, and proposed delivery. See Moodle for detailed marking criteria.
Length	The word limit is strictly 1000 words.
Weighting	20%
Assessment Due	03 Apr 2026 (Friday in Session Week 5) Final submission time: 11:59pm
Type of Collaboration	Individual assessment

Style and format	Students are to provide a written report addressing the assessment criteria, and in line with materials provided in class. The precise format of the report is at the student's discretion. However, all references should be provided within your report where applicable and should appear in a separate References section at the end of the report in APA format (7th Edition). See Moodle for detailed instructions.
Generative AI use	The use of GenAI is allowed in this assessment for the purposes of brainstorming, planning, and receiving feedback on potential intervention critiques. GenAI is not allowed to be used to write or re-write your assessment. Assessment materials are not allowed to be uploaded to GenAI. Any use of GenAI must be acknowledged within the assessment submission. Please note that content provided by GenAI may not be accurate and should always be sourced and verified (see https://uow.libguides.com/generativeAI). Further details are provided in the assessment handout.
Assessment submission	Online via Moodle This assessment task has been set up to be checked by Turnitin, a tool for checking if it has unreferenced content. You can submit your assessment task to Turnitin prior to the due date and Turnitin will give you an originality report. You can then make any changes that may be required and re-submit your final version by the due date.
Assessment return	Marks to be made available Moodle.
Detailed information	See Moodle for detailed assessment information.

Assessment 3: Professional Task - Case Conference

Marking Criteria	Students will work in groups to conduct and record a 'case conference'. Students will be given a needs analysis and case formulation, as well as an agenda for the case conference. In the case conference, students will be asked to discuss the client needs and consider the perspectives of different stakeholders and arrive at an agreed upon provisional conceptualisation. Students will then prepare and submit an individual intervention and delivery plan to meet the client needs as identified in the case conference. Students will submit the recording of their case conference, as well as their individual intervention and delivery plan. Each student will also be required to submit an individual reflection.
Length	Recorded case conference is to be 10 minutes maximum. The intervention and delivery plan is strictly 1200 words maximum. The individual reflection is strictly 200 words maximum.
Weighting	30%
Assessment Due	01 May 2026 (Friday in Session Week 8) Final submission time: 11:59pm
Type of Collaboration	Individual assessment and group work
Style and format	This is a group and individual task. Each group will be required to submit a video recording of a case conference (more details provided via Moodle and in class). Each group member will then submit an individual intervention plan. Each student is also required to provide a reflection. The intervention and delivery plan can take any format. However, all references should be provided within your report where applicable and should appear in a separate References section at the end of the report in APA format (7th Edition). See Moodle for detailed instructions.
Generative AI use	The use of GenAI is allowed in this assessment for the purposes of brainstorming, planning, and receiving feedback on potential intervention and delivery strategies. GenAI is not allowed to be used to write or re-write your assessment. Assessment materials are not allowed to be uploaded to

	GenAI. Any use of GenAI must be acknowledged within the assessment submission. Please note that content provided by GenAI may not be accurate and should always be sourced and verified (see https://uow.libguides.com/generativeAI). Further details are provided in the assessment handout.
Assessment submission	Online via Moodle This assessment task has been set up to be checked by Turnitin, a tool for checking if it has unreferenced content. You can submit your assessment task to Turnitin prior to the due date and Turnitin will give you an originality report. You can then make any changes that may be required and re-submit your final version by the due date.
Assessment return	Marks will be made available via Moodle.
Detailed information	See Moodle for more detailed information.

Assessment 4: Assignment - Case Study

Marking Criteria	This task requires student to undertake a case study in sports psychology. Students will be given the data that is typically used in a needs analysis. Students will interpret those data, complete a full case formulation, and provide an intervention and delivery plan based on their case formulation.
Length	The word limit is strictly 2000 words.
Weighting	40%
Assessment Due	05 Jun 2026 (Friday in Session Week 13) Final submission time: 11:59pm
Type of Collaboration	Individual assessment
Style and format	Students are to provide a written report addressing the assessment criteria provided via Moodle, and in line with materials provided in class. The report must include a case formulation and an intervention and delivery plan. The precise format of the report is at the student's discretion. However, all references should be provided within your report where applicable and should appear in a separate References section at the end of the report in APA format (7th Edition). See Moodle for detailed instructions.
Generative AI use	The use of GenAI is allowed in this assessment for the purposes of brainstorming, planning, and receiving feedback on potential intervention and delivery strategies. GenAI is not allowed to be used to write or re-write your assessment. Assessment materials are not allowed to be uploaded to GenAI. Any use of GenAI must be acknowledged within the assessment submission. Please note that content provided by GenAI may not be accurate and should always be sourced and verified (see https://uow.libguides.com/generativeAI). Further details are provided in the assessment handout.
Assessment submission	Online via Moodle This assessment task has been set up to be checked by Turnitin, a tool for checking if it has unreferenced content. You can submit your assessment task to Turnitin prior to the due date and Turnitin will give you an originality report. You can then make any changes that may be required and re-submit your final version by the due date.
Assessment return	Marks will be made available via Moodle
Detailed information	See Moodle for detailed information.

Minimum Requirements to Pass this Subject

To meet the minimum performance requirements of this subject, students must submit **ALL** assessments and achieve a minimum aggregate grade of 50% or higher. Students who do not meet the minimum performance requirements (i.e. complete all assessment tasks) will be given a TF (Technical Fail) grade on their Academic Transcript.

Requirements Related to Student Contributions

Group assignments are typically assessed as a group product, usually with the same mark allocated to each group member. However, the subject co-ordinator reserves the right to allocate individual marks for students for an assessment task when necessary (for example, in cases where contributions of group members have been unequal).

Hurdle Assessment

Subjects may include a hurdle assessment. A hurdle assessment is an assessment that requires a minimum level of performance as a condition for passing the subject. Examples include, achievement of a pass grade or above in a skills-based assessment or final examination. Hurdle assessments are applied to subjects to ensure students:

1. meet learning outcomes
2. demonstrate you can complete a task safely and/or meet professional standards.

For more on hurdle assessments see the Assessment and Feedback Policy [Section 8: Hurdle Assessments \(50-51-52\)](#).

Failure to meet a hurdle assessment requirement may constitute grounds for the award of a Technical Fail (TF) grade in this subject.

Should this subject contain a hurdle assessment, it will be stated under the specific assessment in Section B: Assessments.

UOW Grade Descriptors

The UOW Grade Descriptors are general statements that communicate what our grades represent, in terms of standards of performance, and provide a frame of reference to ensure that assessment practice across the University is appropriate, consistent and fair. Grade Descriptors are expressed in general terms so that they are applicable to a broad range of disciplines. Grade Descriptors are available here <https://www.uow.edu.au/student/exams/results/>. For more information on the UOW grade descriptors refer to the Teaching and Assessment: Assessment and Feedback Policy: [Teaching and Assessment: Assessment and Feedback Policy](#)

Assessment Learning Outcome Matrix

Learning Outcomes	Measures - Assessment weighting			
	Assessment 1	Assessment 2	Assessment 3	Assessment 4
	(10%)	(20%)	(30%)	(40%)
Identify and explain foundational principles of sport and exercise psychology.	✓			
Apply foundational principles of sport and exercise psychology in sport and exercise settings.		✓	✓	✓
Critically examine and analyse the ways in which multiple principles influence the practice of sport and exercise psychology.		✓	✓	✓
Evaluate the appropriateness and strength of sport and exercise psychology interventions in practice.		✓	✓	✓
Design evidence-based sport and exercise psychology interventions in practice.		✓	✓	✓

Submission, Retention and Collection of Written Assessment

Assessed work must be handed in by the date and time listed under each assessment task. All assessment tasks must represent the enrolled student's own ORIGINAL work and must not have been previously submitted for assessment in any formal course of study.

Extensions

Students requesting an extension of time to submit an assessment task, deferred exam or exemption of a compulsory attendance requirement, must apply using Academic Consideration through SOLS. Students must apply before, or on the assessment/s due date and where evidence is required, students must provide evidence no later than three working days after the assessable item's due date for their request to be considered. **For information on the Academic Consideration Policy, eligibility requirements and how to apply, see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

Late Submission of Assessment Tasks and Penalties

Assessed work must be submitted in by the date and time given. If an assessment is submitted late, it will be marked in the normal way, and a penalty will then be applied.

In the absence of an approved request for Academic Consideration in the form of an extension, assessment tasks must be submitted in line with the assessment instructions.

- An assessment task that is submitted late will receive a penalty of 5% of the total possible marks for each 24-hour period, or part thereof, that it is late.
- Work submitted after seven calendar days will not be marked and will be given a mark of 0.
- No assessment task can be handed in for a mark once the assessment task has been returned to students.
- Penalties accrue on each day that the assessment task is late, including Saturday, Sunday and public holidays

Note: Assessments must still be submitted to meet minimum performance requirements even though no mark is to be awarded.

Collection

Students will be notified when they can collect or view their marked assessment. In accordance with University Policy marked assessments will usually only be held for 21 days after the declaration of marks for that assessment.

Retention

The university may retain copies of student work in order to facilitate quality assurance of assessment processes, in support of the continuous improvement of assessment design, assessment marking and for the review of the subject. The University retains records of students' academic work in accordance with the University Records Management Policy and the State Records Act 1988 and uses these records in accordance with the University Privacy Policy and the Privacy and Personal Information Protection Act 1998.

Scaling

Marks awarded for any assessment task or part of any assessment task, including an examination may be subject to scaling at the end of the session. Marks will be scaled only when unpredicted circumstances occur and in order to ensure fairness of marking across groups of students. The method of scaling will depend on the type of scaling required by the circumstances. When scaling is deemed necessary, it will follow a detailed consideration by the Unit Assessment Committee and/or the Faculty Assessment Committee of the marks of the group of students concerned. Scaling will not affect any individual student's rank order within their cohort. For more information please refer to [Finalisation of Student Results Policy](#) for details.

Supplementary Assessment

Supplementary assessment may be offered to students whose performance in this subject is close to that required to pass the subject, and are otherwise identified as meriting an offer of a supplementary assessment. For information about eligibility criteria and the form and timing of supplementary assessments see the [Supplementary Assessment Procedure](#)

Review and Appeal of Academic Decisions

A student may request an explanation of a mark for an assessment task or a final grade for a subject consistent with the student's right to appropriate and useful feedback on their performance in an assessment task. A student may also seek further explanation for other academic decisions such as Academic Consideration, Supplementary Assessment or Credit for Prior Learning. If a student is not satisfied with the explanation, or have further concerns, they may have grounds for a formal review. For further information refer to [Review and Appeal of Academic Decisions Policy](#)

Assessment Quality Cycle

The UOW Assessment Quality Cycle provides a level of assurance that assessment practices across the University are appropriate, consistent and fair. Quality assurance activities are undertaken to support the continuous improvement of assessment and promote good practices in relation to assessment design, marking and review of the subject prior to subsequent delivery.

Academic Integrity

The University's Academic Integrity Policy, faculty handbook and subject guides clearly set out the University's expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as 'resources'), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. Uploading an assessment task, subject outline or other course materials without express permission of the University is considered academic misconduct and students place themselves at risk of being expelled from the University.

Students should visit the following University website and become familiar with the University's policy on plagiarism [Academic Integrity Policy](#)

Referencing

The American Psychological Association (APA) referencing system is to be used. For a comprehensive guide to APA referencing please visit the Library website: <https://uow.libguides.com/refcite>

Section C: General Advice for Students - Policies and Procedures

Student Services and Support

There are a range of services available to students that are provided free of charge. A good place to get to know services that may be of use to you is the [Get Started @ UOW](#) or search for "Get Started @ UOW". Services available include:

Service	Link to information about the service
Aboriginal & Torres Strait Islander	https://www.uow.edu.au/about/services/woolyungah-indigenous-centre/about-us/
Careers advice	https://www.uow.edu.au/student/careers/
Counselling	https://www.uow.edu.au/student/support-services/counselling/
Student Accessibility and Inclusion (SAI)	https://www.uow.edu.au/student/support-services/sai/
Information Tech.	https://www.uow.edu.au/its/index.html?ssSourceSiteId=getstarted
Study Skills	https://www.uow.edu.au/student/support-services/academic-skills/

Student Support Coordinator (SSC)

If you have a temporary or ongoing issue or a problem that is affecting your study, including issues that are related to belonging to an equity group, then the Student Support Coordinators may be able to help. There are Student Support Coordinators available to assist students who are studying at all UOW Campuses and in all UOW Faculties. Contact details can be found on the UOW website: <https://www.uow.edu.au/student/support-services/coordinators/>

Student Advocacy Service

The Student Advocacy Service (SAS) is free, confidential and independent service for all UOW students. The SAS provides advocacy and referral for a range of academic, procedural and administrative issues. For more information visit: <https://www.uow.edu.au/student/support-services/advocacy/>

AskUOW

AskUOW is your primary administrative and information contact during your studies.

Our purpose is to ensure students have access to the information they need, at the time they need it. We can help with a wide range of enquiries, including key topics such as:

- Applying for [academic consideration](#)
- Fees and scholarships
- Official documentation and student letter requests
- Student forms such as course transfer and leave of absence applications
- Student ID card issuance and replacement
- Subject enrolment
- Transport concession cards and Opal cards
- Updating personal details

Get instant answers 24/7 online using [AskUOW](#). Log in with your UOW username and password.

For further support contact askuow@uow.edu.au or call on 1300 275 869 (1300 ASK UOW) or +61 2 4221 3927.

Library Services

Save yourself time and enhance your studies: connect with information specialists and resources anytime, anywhere.

- For Library support connect with [Live Chat](#) or [contact the Library](#).
- For self-help see [Frequently Asked Questions](#) or browse [Library guides](#) to find information, databases and skills tutorials.
- [Research consultations](#) are available to UOW Postgraduate, Honours and Deans Scholar students.

Academic Integrity Policy

Academic integrity involves upholding ethical standards in all aspects of academic work, including learning, teaching and research. It involves acting with the principles of honesty, fairness, trust and responsibility and requires respect for knowledge and its development. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=26>

Code of Practice - Research

This Code mandates the current policy and best practice relating to procedures for responsible research. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=11>

Honours Policy

This policy sets out the responsibilities of all parties involved in managing students undertaking Honours Programs. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=36>

The Code of Practice - Work Integrated Learning (Professional Experience)

The Code of Practice - Work Integrated Learning (Professional Experience) sets out what is expected from students, the University and Host Organisations in providing work integrated learning professional experience programs. It applies to professional experience programs that form the whole or part of a subject or course offered at the University. The Code assists in promoting a productive work integrated learning experience for students and in promoting relevant UOW Work Integrated Learning Design Principles.

<https://policies.uow.edu.au/document/view-current.php?id=12>

Copyright Policy

The purpose of this Policy is to outline responsibilities and procedures regarding the use of third party copyright material, with the objectives of reducing staff and UOW exposure to the risks associated with the use of third party copyright material, assisting staff to make full legal use of the materials at their disposal by clearly identifying responsibilities and promoting copyright compliance. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=135>

Course Progress Policy

The Course Progress Policy establishes the requirements, definitions and procedures to be used in determining the standards of acceptable course progress. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=30>

Examination Rules and Procedures

The UOW rules and procedures outline exam conditions, student conduct in exams, and the procedures for exam management. Further information can be found here: <https://www.uow.edu.au/student/exams/>

Ethical Objection by Students to the Use of Animal and Animal Products in Coursework Subjects

This policy provides a framework for recognition of and responses to students' ethical or religious objection to animal use in coursework subjects at the University of Wollongong. For the purpose of this policy, animal use includes killing of animals in experimental work, dissection of animals that are already dead, use of animal tissues, use of animal-derived products (such as sera). These uses are relevant to teaching and assessment. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=154>

Coursework Rules

The Coursework Rules (hereafter the Rules) govern the admission, enrolment, progression through, and qualification for a coursework award offered by the University. Further information can be found here: <https://policies.uow.edu.au/document/view-current.php?id=4>

Human Research Ethics

The Human Research Ethics Committee protects the welfare and rights of the participants in research activities. Further information can be found here: <https://www.uow.edu.au/research-and-innovation/researcher-support/ethics/human-ethics/>

Inclusive Language Guidelines

UOW endorses a policy of non-discriminatory language practice in all academic and administrative activities of the University. Further information is available from: <https://policies.uow.edu.au/document/view-current.php?id=239>

Intellectual Property Policy

UOW's IP Intellectual Property Policy provides guidance on the approach taken to Intellectual Property (IP), including its ownership, protection and exploitation. Further information about the management of IP is available at <https://policies.uow.edu.au/document/view-current.php?id=146>

Review and Appeal of Academic Decisions Policy

UOW aims to provide a transparent and consistent process for resolving a student concern about an academic decision that has affected their academic progress, including a mark or grade. Further information is available at: <https://policies.uow.edu.au/document/view-current.php?id=40>

Student Academic Consideration Policy

The purpose of the Student Academic Consideration Policy is to enable student requests for academic consideration for assessable components of a subject to be evaluated in a fair, reasonable, timely and consistent manner throughout the University. **For information on the Policy, eligibility and how to apply see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

The Student Charter - Your Rights and Responsibilities

The Student Charter is based on principles that guide all members of the University and that promote responsible partnerships within and beyond the University community. <https://www.uow.edu.au/student/charter/>

Student Assignment of Intellectual Property (IP) Policy

This policy applies to all Students (under-graduate and post-graduate) of the University of Wollongong (UOW). It may also apply to other persons by agreement. This policy sets out the approach taken by UOW in relation to Student assignment of intellectual property. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=146>

Student Conduct Rules

These Rules outline the required conduct of students of UOW, and direct staff and students to University Rules, standards, codes, policies, guidelines, procedures and other requirements which specify acceptable and unacceptable student conduct, and the management of alleged student misconduct.

<https://policies.uow.edu.au/document/view-current.php?id=6>

Teaching and Assessment: Assessment and Feedback Policy

The purpose of this Policy is to set out the University of Wollongong's approach to effective learning, teaching and assessment, including the principles and minimum standards underlying teaching and assessment practice.

The Policy can be found at: <https://policies.uow.edu.au/document/view-current.php?id=38>

Teaching and Assessment: Code of Practice - Teaching

This Code is a key document in implementing the University's Teaching and Assessment Policy and sets out the specific responsibilities of parties affected in relation to learning, teaching and assessment, as well as procedures for teaching staff. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=9>

Teaching and Assessment: Subject Delivery Policy

This Policy sets out specific requirements in relation to the delivery of Subjects. The policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=39>

Workplace Health & Safety Policy

The Workplace Health and Safety (WHS) unit at UOW aims to provide structures, system and support to ensure the health, safety and welfare of all at the campus. Further information is available from:

<https://policies.uow.edu.au/document/view-current.php?id=177>