

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



PSYC12050 *Applied Health and Sports Psychology*

Term 3 - 2026

Profile information current as at 23/01/2025 01:24 pm

All details in this unit profile for PSYC12050 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Health and Sports Psychology are applied and growing fields within the discipline of psychology. They share a common goal of assisting individuals, groups, and high performing teams to optimise their health, functioning and performance. In this unit you will be introduced to the theory and research behind the skills and interventions that are commonly implemented with clients in applied health (e.g. the promotion of health behaviours, applied behaviour change, stress and coping) and sports settings (e.g. motivation and goal setting, recovery and burnout, sports injury rehabilitation). Consistent with the scientist-practitioner approach, you will apply behaviour change principles to the development and evaluation of an intervention for a personal health behaviour or habit. You will use your oral communication skills to present the results of this evaluation, and your written communication skills to discuss an important topic within health and sports psychology to a wider non-academic audience.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

24 credit points including PSYC11010 or PSYC11009 OR 48 credit points including ESCC12003 in CG85.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 3 - 2026

- Online

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Information for Class and Assessment Overview has not been released yet.

This information will be available on Monday 14 September 2026

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student feedback via SUTE

Feedback

Students indicated that the assessment feedback was sometimes unclear or vague.

Recommendation

To achieve clarity regarding assessment feedback, the lecturer will provide a general feedback video so students can contextualise their individual feedback.

Feedback from Student feedback via SUTE

Feedback

Students enrolled in the Sports and Exercise Science course who were completing this unit reported that the content was directed mostly at psychology students.

Recommendation

To ensure the relevance of the content in this unit is made clearer to the sports and exercise science students, the lecturer will include more examples of how the theory and content relates to real-world sports science scenarios.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 14 September 2026

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.

This information will be available on Monday 14 September 2026

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 19 October 2026

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.