



# SP

## STUDENT PRACTICUM REPORT

SPORT PSYCHOLOGY IS ABOUT THE APPLICATION OF PSYCHOLOGY TO SPORT TO ENHANCE PERFORMANCE. FOR THIS CLASS YOU ARE REQUIRED TO COMPLETE A PRACTICUM IN WHICH YOU APPLY SOME PRINCIPLES OF SP IN A REAL-WORLD SCENARIO, TO MAKE A MEASURABLE DIFFERENCE IN THE LIVES OF AN ATHLETE OR A TEAM. THIS PROJECT WILL SPAN THE ENTIRE SEMESTER AND IT IS A MAJOR PROJECT TOWARDS YOUR FINAL GRADE. YOU WERE EXPECTED TO TAKE THE LESSONS COVERED IN THE CLASSROOM AND APPLY THEM. YOU COMPLETED A PROPOSAL, A FORMAL PLAN AND AN EXECUTION DOCUMENT.

NOW SUBMIT AN OVERALL REPORT OF YOUR PRACTICUM FOLLOWING THE GUIDELINES BELOW

## Report

Writing a good project report involves articulating your project rationale, your research process, your findings, and their implications and areas for improvement, in a clear and structured manner. This report should demonstrate your understanding of the project's subject matter, your ability to apply Sports Psychology principles, and your capacity to analyze and synthesize data.

Here's a guide on how to structure your report

### 1. Title Page

- Title of the Project: Should be concise yet descriptive.
- Your Name: Include your full name.
- Course Name: Specify the course for which you're submitting the report.
- Instructor's Name: Include the name of your instructor
- Date of Submission: The date you submit the report.

### 2. Abstract

- Summary: a summary (150-250 words) that includes the aim of the project, methodology, key findings, and conclusions.

### 3. Table of Contents

- Sections and Page Numbers: List all the sections and subsections with corresponding page numbers.

### 4. Introduction

- Background Information: Provide context and background information about the topic you chose for your practicum.
- Aim/Objective: Clearly state the aim or objective of your project.
- Significance: Explain the importance of your project in the field of sports psychology.

### 5. Literature Review

- Overview: Summarize relevant theories, previous research, and existing knowledge in the field that relates to your project.
- Relevance: Discuss how this literature relates to your project's objectives and goals

### 6. Methodology

- Participants: Describe the participant(s) including how they were selected and any relevant characteristics.
- Procedures: Detail the procedures followed during the project.
- Materials/Equipment: List any materials or equipment used.
- Data Collection: Explain how data were collected and processed.

### 7. Results

- Findings: Present the findings of your project, using tables, graphs, or figures where appropriate.
- Execution: detail how you executed your project in terms of what you did in each session
- Interpretation: Provide a clear interpretation of the results/data from your project

## **8. Discussion**

- Interpretation of Results: Discuss how the results align or contrast with previous studies or theories.
- Implications: Explore the implications of your findings for the field of sports psychology and potential learning about the practical applications.
- Limitations: Acknowledge any limitations of your study.
- Improvements: If you were to repeat your project, what would you do differently
- Suggestions for Future Research: Offer ideas for future SP projects based on your findings.

## **9. Conclusion**

- Summary: Summarize the main findings and their relevance to the field.
- Concluding Thoughts: Provide final thoughts or reflections on the project.

## **10. References**

- Citation Style: Use a consistent citation style (APA) to list all sources referenced in your report.
- Appendices (if applicable) should include interview questions or surveys administered.
- Supplementary Material: Include any additional material that is relevant to the report, such as raw data or extended tables, photos, links to videos, PPTs etc.

A report of this nature covering a full semester's worth of work, should be about 15-20 pages in length.

Grading Rubric

<b>Criteria</b>	<b>Excellent (A)</b>	<b>Good (B)</b>	<b>Satisfactory (C)</b>	<b>Needs Improvement (D-F)</b>
<b>Content</b>	Comprehensive and insightful analysis, complete coverage of relevant issues	Thorough analysis, covers relevant issues	Adequate analysis, covers some relevant issues	Incomplete or superficial analysis
<b>Organization</b>	Logically structured, clear flow, well-organized	Generally logical structure, mostly clear flow	Some logical structure, occasional clarity issues	Poorly structured, lacks clarity
<b>Research</b>	Extensive research, excellently integrated	Good research, well integrated	Adequate research, somewhat integrated	Insufficient research, poorly integrated
<b>Writing</b>	Clear, concise, grammatically correct, professional tone	Mostly clear, minor grammatical errors, professional tone	Some clarity issues, some grammatical errors, generally professional tone	Unclear, numerous grammatical errors, unprofessional tone
<b>Presentation</b>	Professionally presented, excellent use of visuals	Well presented, good use of visuals	Adequately presented, some use of visuals	Poor presentation, inadequate use of visuals
<b>Innovation</b>	Demonstrates significant originality and insight	Shows some originality and insight	Limited originality and insight	Lacks originality and insight
<b>Analysis</b>	High level analysis of the principles of sport psychology and how to apply them in this context. Excellent analysis of findings and interpretation of data	Demonstrates understanding of the literature , the process and the data	Limited understanding of the process and SP principles	Lacks understanding of SP. Fails to adequately analyze performance or data.