

MODULE SPECIFICATION FORM

Module Title: Sport & Exercise Psychology 1	Level: 4	Credit Value: 20
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Module code: SPT402 (if known)	Cost Centre: GASP	JACS2 code*: C813
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**please contact Student Data Services for further guidance if necessary*

Semester(s) in which to be offered: 1&2	With effect from: September 2011
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Office use only: To be completed by AQSU:	Date approved: Date revised: Version no:
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Existing/New: New	Title of module being replaced (if any): None
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Originating Academic area: Sport and Exercise Sciences	Module Leader: Colin Hill
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Module duration (total hours) 200 Scheduled learning & teaching hours 40 Independent study hours 160 Placement hours 0	Status: core/option/elective (identify programme where appropriate): Core BSc (Hons) Sport & Exercise Sciences BSc (Hons) Sport Coaching FdSc Equestrian Psychology
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Percentage taught by Subjects other than originating Subject (please name other Subjects):	None
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Programme(s) in which to be offered:	BSc (Hons) Sport & Exercise Sciences BSc (Hons) Sport Coaching FdSc Equestrian Psychology	Pre-requisites per programme (between levels):
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Module Aims:

This module aims to:

1. Introduce the major theories involved in sport and exercise psychology.
2. Explore a range of different data collection methods.
3. Examine the different psychological methods that affect performance in sport and exercise.

Expected Learning Outcomes

At the end of this module, students should be able to:

Knowledge and Understanding:

1. Examine psychological approaches in the sport & exercise environment.
2. Examine a range of theories and assessment methods to sport & exercise psychology.
3. Provide definitions and understanding of the key theories within sport and exercise psychology.

Transferable/Key Skills and other attributes:

Demonstrate self-reliance when working independently, and co-operation when working in groups, communicate succinctly and eloquently in written and oral formats.

Assessment: please indicate the type(s) of assessment (eg examination, oral, coursework, project) and the weighting of each (%). ***Details of indicative assessment tasks must be included.***

Portfolio: The portfolio will be gathered over several weeks considering the sport & exercise psychology topics explored in the syllabus. Students will be guided to define, explain and understand theories of sport & exercise psychology and how a variety of data collection methods are used to investigate them. **(Learning outcome 1,2 and 3)**

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 2, 3	Portfolio	100%		4000

Learning and Teaching Strategies:

This module will be taught through a series of lectures, seminars and student activity

Syllabus outline:

- The syllabus aims to introduce the student to approaches to psychology and their application to the sport & exercise setting (such as cognitive-behavioural, humanistic, psycho-analytical, social-cognitive).
- Topics will be centred around current research & published theories in journals such as *The Sport Psychologist*, *Journal of Applied Sport & Exercise Psychology*, *Journal of Sport & Exercise Psychology* & *Journal of Sport Sciences* (such as anxiety/arousal/stress, coping, aggression, motivation, injury, adherence, self-esteem, self-perception, group dynamics, confidence).

Bibliography

(please submit in Harvard referencing format)

Essential reading:

Current journals in sport & exercise psychology.

Other indicative reading:

Bull, S. J. (1991). *Sport psychology: A self-help guide*. Marlborough, Wiltshire: Crowood.

Carron, A.V. and Hausenblas, H.A. (1998) *Group dynamics in sport*. Morgantown, WV: Fitness information Technology.

Cox, R.H. (1998) *Sport Psychology: Concepts and Applications* (4th). USA. WCB: McGraw-Hill.

Hardy, L. Jones, G. Gould, D. (2001) *Understanding Psychological Preparation for Sport. Theory and Practice for Elite Performers*. Chichester: Wiley.

Horn, T. (2002) *Advances in Sport Psychology* (2002). Leeds. Human Kinetics.

Weinberg, R. S. and Gould, D. (2003). *Foundations of Sport and Exercise Psychology*. (3rd) Champaign, IL: Human Kinetics.

