

Module Code:	FAW404
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Module Title:	Psychology: Developing the individual
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Level:	4	Credit Value:	20
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Cost Centre(s):	GASP	<u>JACS3</u> code:	C813
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School:	Social & Life Sciences	Module Leader:	Tom King
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Football Coaching and the Performance Specialist	✓	<input type="checkbox"/>
BSc (Hons) Sports Coaching and Performance Development	✓	<input type="checkbox"/>
BSc (Hons) Sport, Health and Performance Science	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 13/08/2018
 With effect from: 03/09/2018
 Date and details of revision:

Version no: 3
 Version no: 3

Module Aims

This module aims to:

- Introduce the major theories involved in sport and exercise psychology.
- Explore a range of different data collection methods.
- Examine the different psychological methods that affect performance in sport and exercise.
- Reflect on the actions of others

Intended Learning Outcomes

Key skills for employability

KS1	Written, oral and media communication skills
KS2	Leadership, team working and networking skills
KS3	Opportunity, creativity and problem solving skills
KS4	Information technology skills and digital literacy
KS5	Information management skills
KS6	Research skills
KS7	Intercultural and sustainability skills
KS8	Career management skills
KS9	Learning to learn (managing personal and professional development, self-management)
KS10	Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Describe major approaches in sport and exercise psychology	KS1	KS5
		KS3	KS6
		KS9	
2	Describe major concepts and theories involved in sport and exercise psychology	KS1	KS5
		KS3	KS6
		KS9	
3	Identify a range of different data collection methods/tools in sport and exercise psychology.	KS1	KS3
		KS4	KS5
		KR6	KR9
4	Identify behaviours associated with the psychological concepts and theories	KS1	KS3
		KS5	KS6
		KS9	

Transferable skills and other attributes

Demonstrate self-reliance when working independently, communicate succinctly and eloquently in written format, utilise self-reflection, evaluation and appraisal.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: **Portfolio (4 theories)**

Assessment 2: **Portfolio (3 theories in more depth)**

Over the course of the year the students will produce a portfolio covering the major theories/concepts they have studied. The student will be required to:

- Identify a theory/perspective
- Define it from the literature (including any associated models and the authors of the work)
- Describe the theory in their own words
- Identify how and where the theory/perspective is manifest in the medium of investigation (eg, if looking at a sports film – indicate the counter reading where the incident took place).
- Attach a copy of an assessment tool/s for the theory/concept that they have identified.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,2,3,4	Portfolio	40%		1600 words
2	1,2,3,4	Portfolio	60%		2400 words

Learning and Teaching Strategies:

A combination of lead lectures, small group discussions, seminars, practical workshops, student presentations and videos will be used. Feedback will be given to students on their performance in class-based tasks.

Syllabus outline:

- Introduction to psychology, and sport and exercise psychology
- Appraisal Model
- Psychological Characteristics of Excellence (PCE) & Psychological Development
- Developing Youth Decision Making (Autocratic Democratic Socratic /Didactic, LT v ST gains)
- Confidence/ Attribution
- Causes of Anxiety
- Coping
- Communication
- Psychological attributes over the age range from 5-21 years

Indicative Bibliography:**Essential reading**

Horn, T. (2008), *Advances in Sport Psychology*. 3rd ed.. Leeds: Human Kinetics.

Kremer, J., Moran, A., Walker, G., and Craig, C. (2012) *Key Concepts in Sport Psychology*. London. Sage.

Weinberg, R. S., and Gould, D. (2015), *Foundations of Sport and Exercise Psychology*. 6th ed. Leeds: Human Kinetics.

Other indicative reading

Buckworth, J. (2013), *Exercise Psychology*. 2nd ed. Champaign, IL: Human Kinetics.

Carron, A.V. (2011), *Group dynamics in sport*. 4th ed. Morgantown, WV: Fitness information Technology.

Collins, D., Button, A., and Richards, H., (2011). *Performance Psychology. A Practitioner's Guide*. Edinburgh: Elsevier.

Hardy, L., Jones, G., Gould, D.,(1996). *Understanding Psychological Preparation for Sport. Theory and Practice for Elite Performers*. Chichester: Wiley