

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	SIR514
Module Title	Applying Principles of Sport Psychology
Level	5
Credit value	20
Faculty	SLS
HECoS Code	100475
Cost Code	GACM

Programmes in which module to be offered

BSc (Hons) Sports Injury Rehabilitation	Core
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Pre-requisites

n/a

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	15 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

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Initial approval date	25/6/24
With effect from date	01/09/24

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Date and details of revision	
Version number	1

Module aims

This module aims to introduce students to the major theories involved in Sport and Exercise Psychology. Students will discover new theories and concepts, psychological measurement methods and be introduced to application of theory to practice.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Appraise current applied research in sport or exercise psychology
2	Design practical activities to demonstrate how performance psychology can impact key stakeholders.
3	Examine how psychological theory can be applied to improve sports performance or exercise behaviour.
4	Evaluate an intervention within performance psychology using personal reflection.

Assessment

Indicative Assessment Tasks:

Assessment 1: Presentation – 30 minute – Students will be individually required to create, lead and present a project explaining their method of intervention (scenario based) within a case study. Up to 10 minutes will be allocated to questions regarding the presentation.

Assessment 2: Written assignment – 1000 words – Students will be required to use their experience from the previous assessment to collate a personal reflection on their perceived success of the case study.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3	Presentation	70
2	4	Written assignment	30



Derogations

Students must pass both elements at 40% or above.

Learning and Teaching Strategies

The module will be delivered through a series of lectures, workshops and seminars. Typically, the delivery will be 1-hour lecture and 1-hour workshop/seminar, where practical activities may be undertaken with reference to contemporary theory. All students will be expected to participate in workshops and group work. Various methods of formative and summative assessment will take place within the module to facilitate learning.

Indicative Syllabus Outline

Individual Psychological Processes in Performance (models and frameworks for intervention, psychological skills training, self-perceptions, concentration and attention, anxiety and arousal, emotional control and stress, resilience and coping motivation)

Social Psychological Processes in Performance (Building relationships, rapport, contextual intelligence, communication, emotional intelligence, interpersonal relationships, leadership, decision making)

Indicative Bibliography:

Essential Reads

Weinberg, R. and Gould, D. (2024), *Foundations of sport and exercise psychology*. 8th ed. Champaign, IL: Human Kinetics.

Other indicative reading

Breslin, G., Kremer, J., Moran, A., Craig, C., and Shannon, S. (2022), *Understanding sport psychology*. Los Angeles: SAGE.

Tod, D., Hodge, K., and Krane, V. (2024), *Routledge Handbook of Applied Sport Psychology: A Comprehensive Guide for students and Practitioners*. London: Routledge.

Murphy, S. (2012). *The Oxford handbook of sport and performance psychology*. New York, NY: Oxford University Press



Employability – The University Skills Framework

Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.

Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding. Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.

