

Module specification

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Module Code	SPT418
Module Title	Human Behaviour in Sport
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100499
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Football Coaching and Performance Specialist	Core
BSc (Hons) Sport and Exercise Science	Core
FdSc Sports Coaching and Fitness	Core

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	36 hrs
Placement hours	0 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

Module aims

This module aims to introduce students to the major theories involved in Sport and Exercise Psychology. The module aims to build a foundation of knowledge to carry into future Sport and Exercise Psychology modules that have a more applied focus. 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	Describe major approaches in Sport and Exercise Psychology
2	Describe theories involved in Sport and Exercise Psychology
3	Identify a range of different data collection methods/tools in Sport and Exercise Psychology.
4	Identify behaviours associated with the psychological theories.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Written Assignment - Students will be individually required to produce a portfolio covering the major theories/concepts in Sport and Exercise Psychology (1500 words)

Coursework – Students will be individually required to produce an infographic describing potential applied measurement tools associated with an allocated area of Sport and Exercise Psychology, they will also be required to highlight behaviours associated with the given area, and potential interventions that could be utilised by practitioners to provide solutions (1000 words)

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 2	Written Assignment	1500	50	N/A
2	3 – 4	Coursework	1000	50	N/A

Derogations

N/A

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. 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.



Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Individual theories in Sport and Exercise Psychology (Motivation, confidence, anxiety arousal, concentration and attention, emotional control, resilience, stress and coping)
- Social Psychological Processes in Performance (Building relationships, rapport, contextual intelligence, communication, interpersonal relationships, leadership, decision making)

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads:

Weinberg, R. and Gould, D. (2024), *Foundations of Sport and Exercise Psychology*. 8th ed. Champaign, IL: Human Kinetics.

Other indicative reading:

Tod, D. (2024), *Routledge Handbook of Applied Sport Psychology: A Comprehensive Guide for Students and Practitioners*. 2nd ed. London: Routledge.

Karageorghis, C. and Terry, P.C. (2011), *Inside Sport Psychology*. Champaign, IL: Human Kinetics.

Murphy, S. (2012), *The Oxford Handbook of Sport and Performance Psychology*. New York, NY: Oxford University Press.

Administrative Information

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Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	18/07/2025 – module updated with sports validation for Sept 2025
Version number	2