

**MODULE SPECIFICATION FORM**

Module Title: Applied Sport & Exercise Psychology 2	Level: 5	Credit Value: 20
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Module code: SPT504	Cost Centre: GASP	JACS2 code: C813
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Trimester(s) in which to be offered: 1 and 2	With effect from: Sept 2011
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<b>Office use only:</b> To be completed by AQSU:	Date approved: September 2011
	Date revised: September 2014 (to include Sport Mgt programme)
	Version no: 2

Existing/New: Existing	Title of module being replaced (if any): None
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Originating Academic area: Sport & Exercise Sciences	Module Leader: Dr Sue Taylor
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Module duration (contact hours/directed/directed private study): 40/60/100	Status: Core BSc (Hons) Sport & Exercise Sciences BSc (Hons) Sport Coaching FdSc Equestrian Psychology BSc Sports Management
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Programme(s) in which to be offered: BSc (Hons) Sport & Exercise Sciences BSc (Hons) Sports Coaching FdSc Equestrian Psychology BSc (Hons) Sports Management	Pre-requisites per programme (between levels):  None
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**Module Aims:**

1. Explore key contemporary interventions in sport and exercise psychology.
2. Analyse and appraise current data collection methods in sport and exercise psychology.

## Expected Learning Outcomes

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

### Knowledge and Understanding:

1. Appraise current applied research in sport & exercise psychology (KS1, KS5)
2. Understand the conceptual theories of interventions in sport & exercise psychology
3. Suggest how theories and interventions may be applied to understand and enhance performance and participation in sport and exercise (KS8)

### Key skills for employability

1. *Written, oral and media communication skills*
2. *Leadership, team working and networking skills*
3. *Opportunity, creativity and problem solving skills*
4. *Information technology skills and digital literacy*
5. *Information management skills*
6. *Research skills*
7. *Intercultural and sustainability skills*
8. *Career management skills*
9. *Learning to learn (managing personal and professional development, self management)*
10. *Numeracy*

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

### Seminar

Students will design and lead a 30-minute seminar discussion on a particular theme (in relation to a research article), which will be centred on a psychological theory or assumption. They will discuss and appraise the concepts/theories and engage the group in activities to demonstrate their understanding.

Assessment	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count or equivalent if appropriate
1	LO: 1, 2 and 3	Seminar	100%		30 mins (approx.)

### Learning and Teaching Strategies:

This module will be taught through a series of lectures, seminars and student learning activity (independent project work and working in groups). Case studies and small projects will be conducted throughout via seminars, workshops and structured student learning activities.

**Syllabus outline:**

- The syllabus outline for this module is expected to change as new theories emerge in the literature. However, currently, the theories that might be included are as follows:
  - self-talk
  - goal setting
  - imagery
  - per-performance routines
  - role-clarity
  - team dynamics
  - decision making
  - attentional control
  - stress inoculation training
  - progressive muscular relaxation
  - music interventions
- The use of research methods and techniques in applied sport and exercise psychology.

**Bibliography****Essential reading:**

Collins, D., Richards, H., and Button, A. (2011), *Performance Psychology – Developing a Peak Performance Culture*. Elsevier.

**Other indicative reading:**

Buckworth, J. and Dishman, R.K. (2002), *Exercise Psychology*. Champaign, IL: Human Kinetics.

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

Cockerill, I. (Ed). (2002), *Solutions in Sport Psychology*. London, Thomson.

Hardy, L. Jones G. and Gould, D. (2001), *Understanding psychological preparation for sport . Theory and practice for elite performers*. Chichester . Wiley.

Horn, T.S. (2002), *Advances in Sport Psychology*. Champaign, IL: Human Kinetics.

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

Mascarenhas, D. R. D., and Smith, N. C. (2011) Developing the performance brain: Decision making under pressure. In, Collins, D., Richards, H., and Button, A. (2011) *Performance Psychology – Developing a Peak Performance Culture*. Elsevier.

Shaw, D.F. Gorely, T. and Corban, R.M. (2005), *Instant Notes: Sports and Exercise Psychology*, Oxon: Garland Science/BIOS.

Singer, R.N., Hausenblas, H.A. and Janelle, C.M. (Eds) (2001), *Handbook of Sport Psychology* (2<sup>nd</sup> Edition). New York: Wiley & Sons.