

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [Module directory](#)

Module Code	SPT525
Module Title	Applying Principles of Sport Psychology
Level	5
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

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	15 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	30 hrs
Placement hours	0 hrs
Guided independent study hours	170 hrs
Module duration (Total hours)	200 hrs

Module aims

- Introduce students to the major theories involved in Sport and Exercise Psychology.
- Build a foundation of knowledge to carry into future Sport and Exercise Psychology modules that have a more applied focus.
- 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:

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.

Poster Presentation - Students will be individually required to create, lead and present a poster project explaining their method of intervention (scenario based) within a case study (2000 words).

Written Assignment - 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 (1000 words).

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 3	Presentation	2000 words	70	N/A
2	4	Written Assignment	1000 words	30	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, 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.

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 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

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

Essential Reads:

Weinberg, R. and Gould, D. (2023). *Foundations of sport and exercise psychology*. 8th ed. Champaign, IL: Human Kinetics.

Other indicative reading:

Breslin, G. Kremer, J. Moran, A. Craig, C. 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

Contemporary journals in Sport, Performance and Exercise Psychology

Administrative Information

For office use only	
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



