

## Module specification

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Module Code	SPT627
Module Title	Applied Sport and Performance Psychology
Level	6
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	12 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>12 hrs</b>
Placement hours	0 hrs
Guided independent study hours	176 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

The aims of this module are to develop knowledge in the application of Sport Psychology theory to practice, students will integrate evidence-based research and consider a range of approaches whilst acting as a Sport and Exercise Psychologist. This module aims to employ a range of theoretically underpinned psychological skills and techniques to enhance performance or well-being.

## Module Learning Outcomes

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

1	Critically appraise contemporary research in Sport and Performance Psychology
2	Critically evaluate the ethical standards adopted within Sport and Exercise Psychology
3	Critically evaluate current applied practice
4	Critically reflect upon the overall support process for Performance Psychology provision

## 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 must research a sports psychologist's role and ethical considerations. Having completed this, the student will identify and work with a client to establish the client's needs and then design a suitable intervention that could be administered to promote performance outcomes (3000 words)

Viva - Students will be required to reflect on the processes undertaken to provide an effective intervention for the selected client through oral assessment (15 mins).

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 3	Written Assignment	3000 words	75	N/A
2	4	Oral Assessment	15 minutes	25	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, models and frameworks for intake, psychological skills training, concentration and attention, evidence based practice, models of sports science support, performance profiling, counselling skills)
- Social Psychological Processes in Performance (Building relationships, rapport, contextual intelligence, communication, interpersonal relationships, decision making)
- Ethical Standards in Sport and Performance Psychology (BPS and BASES code of conduct, confidentiality, boundaries, appropriate qualification)

## Indicative Bibliography

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

### Essential Reads:

Keegan, R. (2016). *Being a sport psychologist*. London: Palgrave Macmillan Education.

*Contemporary journals in Applied Sport Psychology*

### Other indicative reading:

Weinberg, R. and Gould, D. (2017). *Foundations of sport and exercise psychology*. 5th ed. Champaign, IL: Human Kinetics

Hanrahan, S. (2013). *Routledge handbook of applied sport psychology*. Routledge. Horn,

T.S. (Ed.). (2008), *Advances in Sport Psychology*. 3rd ed. Champaign, IL: Human

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

## 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

