

## Module specification

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Module Code	SPT704
Module Title	Psychological Provision in Sport and Exercise
Level	7
Credit value	20
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	N/A

### Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Sport & Exercise Sciences (Both pathways)	CORE
MSc Football Science & Coaching	OPTION

### Breakdown of module hours

Learning and teaching hours	13 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	8 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>21 hrs</b>
Placement hours	0 hrs
Guided independent study hours	179 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- To provide an advanced understanding of the elements required to create an optimum performance environment.
- To gain advanced skills in understanding the ethical considerations when working with individuals in the environment
- To gain a thorough understanding of organisational effectiveness with individuals in sport and exercise

## Module Learning Outcomes

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

1	Demonstrate advanced understanding of the elements required in a sport or exercise environment.
2	Outline current ethical recommendations for sport psychology provision.
3	Critically appraise the current aspects of organisational effectiveness in sport
4	Create a bespoke presentation outlining the support process in providing psychological provision to an organisation

## 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.

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**Assessment:** Students will create a presentation (30 mins) that provides insight into establishing sport psychology provision for an organisation. Throughout students will highlight relevant code of conduct and ethical considerations for providing such support. The coursework will demonstrate a critical understanding of what is required to set up provision of sport psychology from a performance scenario, which will require students to set up appropriate aspects to provide a suitable environment embedded with psychological support. There will be an additional 10 minutes post presentation for questions challenging psychological provision presented.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-4	Presentation	40 minutes	100	N/A

## Derogations

N/A

### Learning and Teaching Strategies

A blended learning approach will be utilised for the delivery of this module. The majority of the learning and teaching hours will be face to face lectures, with some applied sessions taking place in order to establish appropriate skills.

### 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. Support can also be made available for Welsh language students via Coleg Cymraeg Cenedlaethol where students can present their research at their conferences through the Welsh Language. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

### Indicative Syllabus Outline

- Leadership
- Exercise Dependence
- Organisational culture
- Performance environments
- Contextual intelligence
- Performance enablers
- Mental Health and Well-being
- Therapeutic approaches
- Intake, Needs Analysis and Case Formulation
- Therapeutic relationships

### Indicative Bibliography:

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

### Essential Reads

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

### Other indicative reading

Konter, E., Beckmann, J. and Loughhead, T.M. (eds.) (2019). *Football Psychology: From Theory to Practice*. 1st ed. London: Routledge.

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

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

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

### Administrative Information

<b>For office use only</b>	
Initial approval date	20/11/2024
With effect from date	September 2025
Date and details of revision	
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