

When printed this becomes an uncontrolled document. Please access the Module Directory for the most up to date version by clicking [here](#).

<b>Module Code:</b>	SPT416
---------------------	--------

<b>Module Title:</b>	Sport Psychology 1
----------------------	--------------------

<b>Level:</b>	4	<b>Credit Value:</b>	20
---------------	---	----------------------	----

<b>Cost Centre(s):</b>	GASP	<b>JACS3 code:</b>	C813
		<b>HECoS code:</b>	100499

<b>Faculty</b>	FSLs	<b>Module Leader:</b>	Tom King
----------------	------	-----------------------	----------

Scheduled learning and teaching hours	36 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	36 hrs
Project supervision (level 6 projects and dissertation modules only)	36 hrs
<b>Total contact hours</b>	<b>36 hrs</b>
Placement / work based learning	<b>0</b>
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Football Coaching and the Performance Specialist	✓	<input type="checkbox"/>
BSc (Hons) Applied Sport and Exercise Sciences	✓	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None

<b>Office use only</b>		
Initial approval:	01/04/2020	Version no: 1
With effect from:	28/09/2020	
Date and details of revision:		Version no:

**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 concepts and 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 concepts and theories.

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	I, A
Enterprising	I
Ethical	I, A
<b>KEY ATTITUDES</b>	
Commitment	I, A
Curiosity	I, A
Resilient	I, A
Confidence	I, A
Adaptability	I
<b>PRACTICAL SKILLSETS</b>	
Digital fluency	A
Organisation	I, A
Leadership and team working	I, A
Critical thinking	I, A

Emotional intelligence	I, A
Communication	I, A
<b>Derogations</b>	
None	

<b>Assessment:</b>			
Indicative Assessment Tasks:			
<b>Assessment 1:</b> Students will be individually required to produce a portfolio covering the major theories/concepts in Sport and Exercise Psychology (1500 words)			
<b>Assessment 2:</b> In small groups, students will be allocated a subject area within Sport and Exercise Psychology, and will be required to produce a presentation describing the potential applied measurement methods and behaviours associated with the area. Duration of the presentations will be 10-minutes long, with an additional 5 minutes available for questions. Marks will be allocated as a group.			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2	Individual Essay	40%
2	3,4	Group Presentation	60%

<b>Learning and Teaching Strategies:</b>
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.

<b>Syllabus outline:</b>
<ul style="list-style-type: none"> <li>• Individual theories in Sport and Exercise Psychology (Motivation, confidence, anxiety, arousal, concentration and attention, emotional control, resilience, stress and coping)</li> <li>• Social Psychological Processes in Performance (Building relationships, rapport, contextual intelligence, communication, interpersonal relationships, leadership, decision making)</li> </ul>

<b>Indicative Bibliography:</b>
<b>Essential reading</b>
Weinberg, R. and Gould, D. (2017). <i>Foundations of sport and exercise psychology</i> . 5th ed. Champaign, IL: Human Kinetics.

**Indicative Bibliography:**

**Other indicative reading**

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.

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

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* (2nd Edition). New York: Wiley & Sons.

*Contemporary journals in Sport, Performance and Exercise Psychology*