

Module specification

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Refer to guidance notes for completion of each section of the specification.

Module Code	SPT418
Module Title	Human Behaviour in Sport
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100499
Cost Code	GASP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Football Coaching and the Performance Specialist	Core
BSc (Hons) Applied Sport and Exercise Sciences	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	
Version number	1

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.

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.

Assessment 1: Students will be individually required to produce a portfolio covering the major theories/concepts in Sport and Exercise Psychology (1500 words)

Assessment 2: 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	Written Assignment	40
2	3, 4	Presentation	60

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. 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.

Indicative Syllabus Outline

Individual theories in Sport and Exercise Psychology (Motivation, confidence, anxiety, arousal, concentration and attention, emotional control, resilience, stress and coping)
 Social Psychological Processes in Performance (Building relationships, rapport, contextual intelligence, communication, 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. (2017). *Foundations of sport and exercise psychology*. 5th ed. Champaign, IL: Human Kinetics.

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

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication