

Module specification

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

Module Code	SPT525
Module Title	Applying Principles of Sport Psychology
Level	5
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	15 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	15 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

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

Module aims

Aims of the module are to develop students understanding of the use of evidence and research base to applied practice. Students will further adapt their knowledge of theories within Sport and Exercise Psychology, and begin to examine various methods to affect performance in the applied world.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Appraise current applied research in sport & exercise psychology
2	Design and develop practical activities to demonstrate how performance psychology can key stakeholders
3	Examine how psychological theory can be applied to improve sports performance and 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.

Assessment 1: Students will be individually required to create, lead and present a project explaining their method of intervention (scenario based) within a case study. Presentations will be 20 minutes in duration, with a 10-minute slot post presentation for questions.

Assessment 2: 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	Weighting (%)
1	1, 2, 3	Presentation	80
2	4	Written Assignment	20

Derogations

All programmes:

Both assessments must be passed at 40% for progression.

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.

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

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

Other indicative reading

Hardy, L. Jones G. and Gould, D. (2001), *Understanding psychological preparation for sport . Theory and practice for elite performers*. Chichester . Wiley.

Horn, T.S. (Ed.). (2008), *Advances in Sport Psychology*. 3rd ed. Champaign, IL: Human Kinetics.
Karageorghis, C. I. and Terry, P. C. (2011), *Inside Sport Psychology*. Champaign: IL, Human Kinetics.

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

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

