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

Module Code:	SPT623
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Module Title:	Applied Sport Psychology
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Level:	6	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C813
		HECoS code:	100499

Faculty	FSLs	Module Leader:	Tom King
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Scheduled learning and teaching hours	24 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total contact hours	24 hrs
Placement / work based learning	0
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

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

Pre-requisites
N/A

Office use only

Initial approval: 02/04/2020

Version no: 1

With effect from: 28/09/2020

Date and details of revision:

Version no:

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 current theories and research into evidence based practice
2	Critically appraise contemporary research into selected Sport and Exercise Psychology theories.
3	Demonstrate appropriate ethical standards within Sport and Exercise Psychology
4	Critique and reflect upon the overall support process for Performance Psychology provision

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

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
Emotional intelligence	I, A
Communication	I, A

Derogations
None

Assessment:			
Indicative Assessment Tasks:			
<p>Assessment 1: Students will be required to perform an intake, needs analysis, case formulation with a selected client. Students are then required to design an intervention based on the initial phases of work (3000 words)</p> <p>Assessment 2: Students will be required to reflect on the overall support process provided for the selected client (1000 words)</p>			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2,3	Case Study	75%
2	4	Reflective Practice	25%

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.

Syllabus outline:
<ul style="list-style-type: none"> • Individual Psychological Processes in Performance (models and frameworks for intervention, models and frameworks for intake, psychological skills training, self-perceptions, 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)

Syllabus outline:

Indicative Bibliography:
Essential reading
Keegan, R. (2016). Being a sport psychologist. London: Palgrave Macmillan Education. <i>Contemporary journals in Applied Sport Psychology</i>
Other indicative reading
Weinberg, R. and Gould, D. (2017). <i>Foundations of sport and exercise psychology</i> . 5th ed. Champaign, IL: Human Kinetics. Hardy, L. Jones G. and Gould, D. (2001), Understanding psychological preparation for sport . Theory and practice for elite performers. Chichester . Wiley. Hanrahan, S. (2013). <i>Routledge handbook of applied sport psychology</i> . Routledge. Horn, T.S. (Ed.). (2008), <i>Advances in Sport Psychology</i> . 3rd ed. Champaign, IL: Human Kinetics. 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.