

Module specification

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

Module Code	SPT627
Module Title	Applied Sport and Performance Psychology
Level	6
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	Option
BSc (Hons) Applied Sport and Exercise Sciences	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	12 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	12 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 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

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

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 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)

Assessment 2: Students will be required to reflect on the overall support process provided for the selected client (1000 words)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3	Written Assignment	75
2	4	Written Assignment	25

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, 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, 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)

Indicative Bibliography:

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

Essential Reads

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

Contemporary journals in Applied Sport Psychology

Other indicative reading

Weinberg, R. and Gould, D. (2017). *Foundations of sport and exercise psychology*. 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). *Routledge handbook of applied sport psychology*. Routledge.

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.

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.

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

