

Liverpool John Moores University

Title: APPLIED SPORTS PSYCHOLOGY FUNDAMENTALS
Status: Definitive
Code: **4000SPOPSY** (114174)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Zoe Knowles	Y

Academic Level: FHEQ4
Credit Value: 12.00
Total Delivered Hours: 25.00
Total Learning Hours: 120
Private Study: 95

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	16.000
Tutorial	4.000
Workshop	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Timed seen essay (1 hour)	50.0	1.00
Portfolio	AS2	Video analysis and communication competency audit (1500 words)	50.0	

Aims

The module aims to introduce and familiarise students to the fundamental role and professional training requirements of the applied sports psychologist and to the organisations that support the development of applied sports psychology in the UK.

Learning Outcomes

After completing the module the student should be able to:

- 1 Outline the role of relevant UK based organisations to the development of applied sports psychology.
- 2 Describe the fundamental role and professional training requirements of the applied sports psychologist.
- 3 Evaluate the importance of communication related processes in applied sports psychology support.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Timed seen essay	1	2
communication audit	3	

Outline Syllabus

1. *Module Introduction: Overview and icebreaking.*
2. *Development of applied sports psychology: UK based organisations and structures.*
3. *Professional training requirements for applied sports psychologists.*
4. *The role of the applied sports psychologist.*
5. *Guest lecture - Applied sports psychology: A practitioners perspective.*
6. *Timed essay*
7. *Theories and principles of communication 1.*
8. *Theories and principles of communication 2.*
9. *Video workshop 1: Communication in practice.*
10. *Tutorial: Appraising communication*
11. *Video workshop 2: Communication in practice.*
12. *Tutorial: Re-appraising communication.*

Learning Activities

Students will be required to engage in a series of lectures that discuss the development of Applied Sports Psychology as a discipline and vocation. Within these sessions, students will begin to consider the role and training requirements integral to the profession and will begin to develop an appreciation of the importance of communication through the use of video workshops.

References

Course Material	Book
Author	Andersen, M.

Publishing Year	2000
Title	Doing Sport Psychology
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	0736000860

Course Material	Book
Author	Shaw, D. Gorely, T. & Corban, R.
Publishing Year	2004
Title	Instant Notes in Sport and Exercise Psychology
Subtitle	
Edition	1st
Publisher	Psychology Press
ISBN	9781859962947

Notes

To familiarise students with the fundamental role and professional training requirements of the applied sports psychologist students engage in a combination of key lectures, workshops and tutorials, which include an self appraisal of communication competence.