

Liverpool John Moores University

Title: APPLIED SPORT PSYCHOLOGY FUNDAMENTALS
Status: Definitive
Code: **4001SPOPSY** (117521)
Version Start Date: 01-08-2015

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Joe Causer	Y
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Academic Level: FHEQ4 **Credit Value:** 24.00 **Total Delivered Hours:** 44.00
Total Learning Hours: 240 **Private Study:** 196

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	32.000
Seminar	2.000
Workshop	10.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay		40.0	
Portfolio	Portfolio		50.0	
WoW Skills Bronze	Reflection		10.0	

Aims

The module aims to familiarise students to the fundamental role and professional

training requirements of the applied sports psychologist. Key communication skills that are relevant for sport psychology practice are also explored.

Learning Outcomes

After completing the module the student should be able to:

- 1 Outline the role of the BPS Division of Sport and Exercise Psychology and development pathway for the sport and exercise psychologist.
- 2 Describe the roles of the sport and exercise psychologist within a range of client groups.
- 3 Evaluate the importance of communication related processes and basic counselling skills in applied sports psychology support.
- 4 To identify and reflect upon the following aspects of personal development: Strengths and weaknesses, motivations and values, ability to work with others.

Learning Outcomes of Assessments

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

Timed Essay	1	2
Portfolio	3	
Bronze Statement & Reflection	4	

Outline Syllabus

Professional training for applied sport psychologists
Reflections on training in applied sport psychology
The role of the applied sport psychologist
Theories, principles and skills of communication in sport psychology
Theories, principles and skills of counselling in sport psychology
Theories, principles and skills of teambuilding in sport psychology
World of Work: Developing self-awareness

Learning Activities

Students will be required to engage in a series of lectures which discuss the development of Applied Sports Psychology as a discipline and vocation. Within these sessions, students will begin to consider the role, knowledge, skills and training requirements integral to the profession. Students will begin to develop an appreciation of the importance of communication process, counselling skills and teambuilding through both lectures and workshop activities.

Notes

This module forms the first part of the core applied spine of modules running through the Applied Sport Psychology (ASP) programme, and is specifically tailored to and solely studied by its students. The module provides focused and relevant exposure to the fundamental role and professional training pathways of the applied sport and exercise psychologist, and the core communication, counselling and teambuilding skills required in the applied setting. This module will also provide students with the opportunity to complete the World of Work Bronze stage on Self Awareness.