

## Liverpool John Moores University

Title: PSYCHOLOGICAL FOUNDATIONS (V.3)  
Status: Definitive  
Code: **4007SPOSCI** (114192)  
Version Start Date: 01-08-2011

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

Team	Leader
Spencer Hayes	Y

**Academic Level:** FHEQ4      **Credit Value:** 12.00      **Total Delivered Hours:** 24.00  
**Total Learning Hours:** 120      **Private Study:** 96

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	22.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Multiple choice examination - motor control and learning	50.0	1.00
Exam	AS2	Multiple choice examination - Sport and Exercise Psychology	50.0	1.00

### Aims

*The module aims to develop students knowledge and understanding of the foundational concepts that underpin Motor Learning/Control and Sport and Exercise Psychology.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Illustrate the classification and stages of skill learning.
- 2 Describe how certain augmented information strategies encourage motor learning.
- 3 Describe motor control systems.
- 4 Describe and evaluate the concepts of personality, anxiety, motivation and cohesion as they apply to Sport Psychology.
- 5 Describe and evaluate the impact of exercise on psychological well-being and behaviour.

## Learning Outcomes of Assessments

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

MCQ EXAM	1	2	3
MCQ EXAM	4	5	

## Outline Syllabus

*Introduction to motor learning and classification of skills/motor ability.*  
*Assessment and stages of motor learning.*  
*Augmented information and practice conditions.*  
*Motor control and motor control theories.*  
*Personality, Motivation, Anxiety and Cohesion in Sport Psychology.*  
*Psychological Well-Being and Exercise Behaviour.*

## Learning Activities

The module is designed to develop the students knowledge and understanding of key concepts in Sport and Exercise Psychology and Motor Control and Learning. This will be evaluated in two multiple choice question examinations, where the extent of the students understanding will be evidenced. Formative opportunities for students to self-evaluate their understanding will be offered throughout the module.

## References

<b>Course Material</b>	Book
<b>Author</b>	Magill, R.A.
<b>Publishing Year</b>	2007
<b>Title</b>	Motor Learning: Concepts and Applications
<b>Subtitle</b>	
<b>Edition</b>	8th ed.
<b>Publisher</b>	McGraw-Hill International Editions
<b>ISBN</b>	0071106979

<b>Course Material</b>	Book
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<b>Author</b>	Weinberg, R.S. and Gould, D.
<b>Publishing Year</b>	2007
<b>Title</b>	Foundations of Sport and Exercise Psychology
<b>Subtitle</b>	
<b>Edition</b>	4th ed.
<b>Publisher</b>	Champaign, Illinois. Human Kinetics.
<b>ISBN</b>	0736064672

<b>Course Material</b>	Book
<b>Author</b>	Cox, R.H.
<b>Publishing Year</b>	2006
<b>Title</b>	Sport Psychology: Concepts and Applications
<b>Subtitle</b>	
<b>Edition</b>	6th ed.
<b>Publisher</b>	Champaign, Illinois. Human Kinetics.
<b>ISBN</b>	0072972955

<b>Course Material</b>	Book
<b>Author</b>	Buckworth, J. & Dishman, R.K.
<b>Publishing Year</b>	2002
<b>Title</b>	Exercise Psychology
<b>Subtitle</b>	
<b>Edition</b>	1st ed.
<b>Publisher</b>	Champaign, Illinois. Human Kinetics
<b>ISBN</b>	ISBN 073600078X

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## Notes

The module is designed to develop the students theoretical understanding in the foundational areas of Motor Learning/Control and Sport and Exercise Psychology. This will be evaluated in the assessment tasks as all questions set will require students to evidence understanding from the knowledge they have gained. The delivery of the module will contain a number of activities within the context of the lecture programme (including laboratory sessions) to further the students involvement in their own learning.