

Liverpool John Moores University

Title: PSYCHOLOGICAL FOUNDATIONS
Status: Definitive
Code: **4014SPOSCI** (117533)
Version Start Date: 01-08-2012

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

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Academic Level: FHEQ4 **Credit Value:** 24.00 **Total Delivered Hours:** 63.00
Total Learning Hours: 240 **Private Study:** 177

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	44.000
Practical	6.000
Workshop	12.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Sport & Ex		50.0	1.00
Test	Motor		50.0	1.00

Aims

The module aims to develop knowledge and understanding of the foundational concepts associated with skill acquisition, motor learning, motor control, psycho-social considerations of sport and sport and exercise psychology.

Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the stages of skill learning, motor learning theory and augmented information and motor control systems.
- 2 Describe the concepts of personality, anxiety, motivation and cohesion as they apply to sport psychology.
- 3 Describe the key concepts associated with psychological well-being and exercise related behavioural change.
- 4 Describe the psycho-socio, cultural and environmental considerations of people in sport

Learning Outcomes of Assessments

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

MCQ exam	2	3	4
MCQ test	1		

Outline Syllabus

*Motor control and learning and motor skill expertise
Psycho-social and cultural issues in sport
Sport psychology
Exercise psychology*

Learning Activities

Students are required to attend core lectures and utilise the directed learning study time to complete the recommended reading to expand and consolidate knowledge and understanding. Some sessions will contain group interaction, seminar based questions and answers sessions and laboratory activities. Students will be required to evidence their ability to describe material within multiple choice assessments.

References

Notes

This module forms the level 4 component of the core theoretical spine of modules running through the Applied Sport Psychology (ASP) and Sport Science (SS) programmes. The module aims to develop knowledge and understanding of the foundational concepts to the sport, exercise, psycho-social and motor principles underpinning sport behavior.