

### Summary Information

<b>Module Code</b>	4093SPS
<b>Formal Module Title</b>	Psychosocial Principles of Sport and Exercise
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 4
<b>Grading Schema</b>	40

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Lorcan Cronin	Yes	N/A

#### Module Team Member

Contact Name	Applies to all offerings	Offerings
Cath Walker	Yes	N/A
Laura Thomas	Yes	N/A
Francesca Champ	Yes	N/A
Milly Blundell	Yes	N/A
Kathryn Curran	Yes	N/A
Amy Whitehead	Yes	N/A
Gillian Cook	Yes	N/A

#### Partner Module Team

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
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## Teaching Responsibility

<b>LJMU Schools involved in Delivery</b>
Sport and Exercise Sciences

## Learning Methods

Learning Method Type	Hours
Lecture	22
Practical	22

## Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-CTY	CTY	September	12 Weeks

## Aims and Outcomes

<b>Aims</b>	The module aims to develop knowledge and understanding of the psychosocial concepts that underpin the sport and exercise environment.
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## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Outline the importance of psychology, sociology and psychosocial principles in sport and exercise.
MLO2	Describe the individual and environmental psychosocial principles associated with sport and exercise.
MLO3	Describe the social processes and behavioural outcomes associated with sport and exercise.

## Module Content

<b>Outline Syllabus</b>
Understanding individuals: e.g., gender, race, barriers to engagement, motivation, mood and emotion. Understanding environments: e.g., feedback, competitive environments. Understanding social processes: e.g., group dynamics, leadership and communication. Understanding behaviours: e.g., behaviour change, wellbeing and society.

## Module Overview

### Additional Information

BPS and CIMSPA mapped.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Test	Test 1	50	0	MLO1, MLO2
Centralised Exam	Test 2	50	1.5	MLO3