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Title: APPLIED SPORT PSYCHOLOGY SKILLS
 Status: Definitive
 Code: **4101SPOPSY** (123283)
 Version Start Date: 01-08-2021

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

Team	Leader
Joe Causer	Y

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 52
Total Learning Hours: 200 **Private Study:** 148

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Tutorial	12
Workshop	16

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Data tech	Applied sport psychology data collections techniques	45	
Essay	Core psy	Applied sport psychology core concepts essay	45	
Future Focus e-learning task	Self-aware	Self-awareness statement	10	

Aims

Teach students various methods and techniques used in applied sport psychology. Help students contextualize core psychology concepts. Allow students to develop self-awareness of career relevant knowledge, skills, and experiences. To encourage students to engage with the development of employability skills by completing a self-awareness statement.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain the methods and techniques used to acquire data in sport psychology
- 2 Contextulise a core psychology concept(s) to sport
- 3 Identify and reflect upon the following aspects of self-awareness in respect of personal development and career planning: 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:

ASP data techniques	1	
Core psy concepts	2	3
Self-awareness statement	3	

Outline Syllabus

*Methods and techniques used in applied sport psychology.
Contextualization of core psychology concepts.
Self-awareness development activities relevant to applied sport psychology career planning*

Learning Activities

Student-centered methods including tutorials, seminars, group activities, and on-line learning resources.

Notes

The module adopts student-centered methods to help teach students advanced methods and techniques used in applied sport psychology, contextualize core psychology concepts, and develop self-awareness of career relevant knowledge, skills, and experiences.