

Applied Sport Psychology Skills

Module Information

2022.01, Approved

Summary Information

Module Code	4101SPOPSY
Formal Module Title	Applied Sport Psychology Skills
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	24
Tutorial	12
Workshop	16

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Explain the methods and techniques used to acquire data in sport psychology
MLO2	2	Contextualise a core psychology concept(s) to sport
MLO3	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.

Module Content

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
Module Overview	You will be introduced to various methods and techniques used in applied sport psychology to develop a self-awareness of career relevant knowledge, skills, and experiences.
Additional Information	The module adopts student-centred 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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	ASP data techniques	45	0	MLO1
Essay	Core psy concepts	45	0	MLO2, MLO3
Future Focus e-learning task	Self-awareness statement	10	0	MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Joe Causer	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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