

Liverpool John Moores University

Title: APPLIED SPORT PSYCHOLOGY FOUNDATIONS
Status: Definitive
Code: **4102SPOPSY** (123284)
Version Start Date: 01-08-2021

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

Team	Leader
Laura Thomas	Y
David Tod	
Joe Causer	
Zoe Knowles	
Martin Eubank	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 46

Total Learning Hours: 200 **Private Study:** 154

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	32
Seminar	3
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Portfolio	Portfolio	50	
Exam	Exam	Exam	50	1

Aims

The module aims to familiarise students to the fundamental role and professional training requirements of the applied sports psychologist. Key communication skills

that are relevant for sport psychology practice are also explored.

Learning Outcomes

After completing the module the student should be able to:

- 1 Outline the role of the BPS Division of Sport and Exercise Psychology and development pathway for the sport and exercise psychologist.
- 2 Describe the roles of the sport and exercise psychologist within a range of client groups.
- 3 Evaluate the importance of communication related processes and basic counselling skills in applied sports psychology support.

Learning Outcomes of Assessments

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

Portfolio	3	
Exam	1	2

Outline Syllabus

Professional training for applied sport psychologists

Reflections on training in applied sport psychology

The role of the applied sport psychologist

Theories, principles and skills of communication in sport psychology

Theories, principles and skills of counselling in sport psychology

Theories, principles and skills of teambuilding in sport psychology

Learning Activities

Students will be required to engage in a series of lectures which discuss the development of Applied Sport Psychology as a discipline and vocation. Within these sessions, students will begin to consider the role, knowledge, skills and training requirements integral to the profession. Students will begin to develop an appreciation of the importance of communication process, counselling skills and teambuilding through both lectures and workshop activities.

Notes

This module forms the first part of the core applied spine of modules running through the Applied Sport Psychology (ASP) programme, and is specifically tailored to and solely studied by its students. The module provides focused and relevant exposure to the fundamental role and professional training pathways of the applied sport and exercise psychologist, and the core communication, counselling and teambuilding skills required in the applied setting.

