

Summary Information

Module Code	4102SPOPSY
Formal Module Title	Applied Sport Psychology Foundations
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	32
Seminar	3
Workshop	10

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

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

Learning Outcomes

Code	Number	Description
MLO1	1	Outline the role of the BPS Division of Sport and Exercise Psychology and development pathway for the sport and exercise psychologist.
MLO2	2	Describe the roles of the sport and exercise psychologist within a range of client groups.
MLO3	3	Evaluate the importance of communication related processes and basic counselling skills in applied sports psychology support.

Module Content

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
Module Overview	The module aims to familiarise you to the fundamental role and professional training requirements of the applied sports psychologist. You will also explore key communication skills that are relevant for sport psychology practice.
Additional Information	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.

Assessments

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

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Laura Thomas	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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