

### Summary Information

Module Code	4102SPOSCI
Formal Module Title	Psychological 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	24
Tutorial	12
Workshop	12

### Module Offering(s)

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

### Aims and Outcomes

Aims	The module aims to develop knowledge and understanding of the foundation concepts that underpin motor learning/control, sport, exercise and social psychology.
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**After completing the module the student should be able to:**

**Learning Outcomes**

Code	Number	Description
MLO1	1	Describe the stages of skill learning, motor learning theory and assessment, augmented information, expertise and training, and motor control systems.
MLO2	2	Describe the concepts of personality, anxiety, motivation and cohesion as they apply to sport psychology.
MLO3	3	Describe the key concepts associated with psychological well-being and exercise related behavioural change: describe the psycho-socio, cultural and environmental considerations of people in sport

**Module Content**

Outline Syllabus	Motor LearningPractice/Augmented FeedbackMotor Control ExpertisePersonalityAnxietyDirected Study WeekMotivation & ConfidencePsycho-social ConsiderationsIntro to exercise psychPsychological benefits of PA (well-being)Psychological benefits of PA (mental ill-health)
Module Overview	The module aims to develop knowledge and understanding of the foundation concepts that underpin motor learning/control, sport, exercise and social psychology.
Additional Information	This is a core module across a number of programmes.

**Assessments**

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Online Exam	65	1.5	MLO2, MLO3
Dissertation	Online test	35	0	MLO1

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Mark Hollands	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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