

Liverpool John Moores University

Title: PSYCHOLOGICAL FOUNDATIONS
Status: Definitive
Code: **4102SPOSCI** (123200)
Version Start Date: 01-08-2020

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

Team	Leader
Mark Hollands	Y
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Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 49.5
Total Learning Hours: 200 **Private Study:** 150.5

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Tutorial	12
Workshop	12

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	OnlineExam	Online Exam will be completed on CANVAS	65	1.5
Test	OnlineTest	Online Test will be completed on CANVAS	35	

Aims

The module aims to develop knowledge and understanding of the foundation concepts that underpin motor learning/control, sport, exercise and social psychology.

Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the stages of skill learning, motor learning theory and assessment, augmented information, expertise and training, and motor control systems.
- 2 Describe the concepts of personality, anxiety, motivation and cohesion as they apply to sport psychology.
- 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

Learning Outcomes of Assessments

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

Online Exam	2	3
Online test	1	

Outline Syllabus

Motor Learning
Practice/Augmented Feedback
Motor Control
Expertise
Personality
Anxiety
Directed Study Week
Motivation & Confidence
Psycho-social Considerations
Intro to exercise psych
Psychological benefits of PA (well-being)
Psychological benefits of PA (mental ill-health)

Learning Activities

Lectures
Online workshops
Online Labs
Labs

Notes

Across semester 1 you will have the opportunity to gain experience in a laboratory practical. This practical will last for ~ 45 and 90 minutes and will be conducted in the flexible learning zone in the motor behaviour laboratory, action-observation laboratory, or behavioral neuroscience laboratory. You will experience aspects of experimental design, data collection, risk assessment, and ethics. These sessions are voluntary.

Associated with certain lectures there will be an online lab tutorial to complete after the lecture. You will be required to go Blackboard, complete the task in an associated work booklet. The task will be discussed in the following lecture and will provide formative assessment opportunity.

The module will be evaluated in two multiple choice question examinations, where the extent of the students' understanding will be evidenced.

Formative opportunities for students to self-evaluate their understanding will be offered throughout the module. Students will also gain exposure to laboratory scenarios in the form of small group sessions designed to introduce them to the area of experimental psychology.