

Liverpool John Moores University

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Title: Psychology 1
Status: Definitive
Code: **4304SSLN** (123041)
Version Start Date: 01-08-2021

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

Team	Leader
Amy Whitehead	Y
Colum Cronin	
Ceriann Magill	
Matthew Andrew	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40

Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS 1	Presentation of a case study (30 minutes)	100	

Aims

This module introduces students to the applied field of sports psychology and its application to physical education. Students will learn psychological principles and

theories that they can use to explain behaviour within their domain of physical education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Illustrate the key principles of psychology and the relationship with Physical Education
- 2 Demonstrate how key theories of motivation link to student engagement in Physical Education.
- 3 Demonstrate knowledge of methods used to evaluate and assess psychological characteristics in a physical education setting.

Learning Outcomes of Assessments

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

Presentation	1	2	3
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Outline Syllabus

Introduction to psychology and how it applies to physical education

Current psychological issues in real world physical education

An introduction to theories of motivation

An introduction to mental skills

Learning Activities

This module will be taught via lectures, workshops, and tutorials.

Notes

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