

Psychology for Sports Coaches 1

Module Information

2022.01, Approved

Summary Information

Module Code	4464SSLN
Formal Module Title	Psychology for Sports Coaches 1
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	20
Seminar	20

Module Offering(s)

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

Aims and Outcomes

Aims	This module introduces students to the applied field of sport psychology. It will enable the student to understand all psychological issues that are pertinent to the field of sports coaching.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Illustrate the key principles of psychology and the relationship with sports coaching and athletic performance.
MLO2	2	Demonstrate knowledge of methods used to evaluate psychological characteristics of a performer.
MLO3	3	Apply psychological theory to support a mental skills package for a real life athlete.

Module Content

Outline Syllabus	<ul style="list-style-type: none">• Introduction to psychology and how it applies to coaching.• Introduction to psychology and how it applies to athletic performance.• Current psychological issues in real world athletes and coaches.• An introduction to theories of motivation.• An introduction to mental skills.
Module Overview	This module introduces you to the applied field of sport psychology. It will enable you to understand all psychological issues that are pertinent to the field of sports coaching.
Additional Information	This module introduces students to the applied field of sport psychology. It will enable the student to understand all psychological issues that are pertinent to the field of sports coaching.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Presentation	100	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Amy Whitehead	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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