

Liverpool John Moores University

Title: Psychology for Sports Coaches 1
Status: Definitive
Code: **4464SSLN** (122996)
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

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS 1	Presentation (30 mins)	100	

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.

Learning Outcomes

After completing the module the student should be able to:

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

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 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.*

Learning Activities

The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions.

Notes

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