

Summary Information

Module Code	4502SPOPID
Formal Module Title	Introduction to Psychology
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Portobello Institute

Learning Methods

Learning Method Type	Hours
Lecture	24
Tutorial	12
Workshop	12

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	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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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Describe the stages of skill learning, motor learning theory and assessment, augmented information, expertise and training, and motor control systems.
MLO2	Describe the concepts of personality, anxiety, motivation and cohesion as they apply to sport psychology.
MLO3	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 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)

Module Overview

Additional Information

This is a core module.

Assessments

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