

Liverpool John Moores University

Title: Introduction to Psychology
Status: Definitive
Code: **4503SPRT** (128432)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Nelson and Colne College Group

Team	Leader
Ian Sadler	

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	30
Seminar	18

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Oral Presentation (15-min)	50	
Essay	Essay	Written Essay (1500 words)	50	

Aims

The module aims to introduce the students to basic principles of sport psychology and enable them to understand and recognise how these principles can inform the practice of coaches and leaders in the delivery of sport. The module will also focus on introducing students to the basics of research techniques used in sport psychology.

Learning Outcomes

After completing the module the student should be able to:

- 1 Analyse the relationship between personality and sport and exercise.
- 2 Demonstrate knowledge of fundamental theories and concepts in sport and exercise psychology.
- 3 Demonstrate an understanding of how sport and exercise psychology can inform the practice of sport psychologists, coaches, teachers and sport leaders.
- 4 Demonstrate an understanding of welfare needs and how to manage behaviours positively.

Learning Outcomes of Assessments

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

Oral Presentation	1	2
Written Essay	3	4

Outline Syllabus

Introduction to Sport Psychology:

- *History and current perceptions of sport psychology*
- *Approaches to sport psychology*
- *The role of the sport psychologist*

Personality and sports performance:

- *Personality differences 'are champions born or made'*
- *Personality and sport research*
- *The relationship with psychometric testing*

Group dynamics:

- *The self in groups*
- *Developed a shared vision*
- *Group cohesion in sport and exercise: past, present and future*

Theories of leadership:

- *Effective leadership vs destructive leadership*
- *Leadership styles and group preferences*
- *Understanding the coach-athlete relationship*

Competitive stress, anxiety and arousal:

- *Stress, burnout and coping in sport*
- *The effect of state and trait anxiety on performance*
- *Arousal levels for optimal performance*

Motivation in Sport and Exercise:

- *Contemporary theories, new directions and interpretations*
- *Motivational gains in sport and exercise settings*
- *Parental support in youth sport and optimising the motivational climate*

Learning Activities

The students will be engaged in a blend of teaching and learning strategies designed to encourage personal development. Theoretical delivery will occur through lectures, teamwork, workshops, practical and student lead discovery-based learning, supported via the VLE.

Students will typically receive 30 hours of theory delivery through lectures and classroom teaching, and 18 hours of tutorial workshops where staff assist students to assimilate and apply their knowledge.

There may also be guest lectures providing input relevant to professional practice.

Notes

None.