

Summary Information

Module Code	4503SPRT
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
Colin Lewis	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
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	30
Seminar	18

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

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.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Analyse the relationship between personality and sport and exercise.
MLO2	Demonstrate knowledge of fundamental theories and concepts in sport and exercise psychology.
MLO3	Demonstrate an understanding of how sport and exercise psychology can inform the practice of sport psychologists, coaches, teachers and sport leaders.
MLO4	Demonstrate an understanding of welfare needs and how to manage behaviours positively.

Module Content

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

Module Overview

Additional Information

None.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Presentation	Oral Presentation	50	0	MLO2, MLO1
Essay	Written Essay	50	0	MLO3, MLO4