

Liverpool John Moores University

Title: Psychology 1
Status: Definitive
Code: **4505SPOSCI** (129564)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Portobello Institute

Team	Leader
Ceriann Magill	Y

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

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	20
Tutorial	10
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	As a group, you are required to present and explain how theories of motivation can be applied to teaching Physical Education. Explain 2-3 theories of motivation. Describe how the theories can be applied to teaching practice and promote student engagement as well as disengagement	100	

Aims

This module introduces students to the applied field of sports psychology and its application to physical education. Students will learn psychological principles and theories that they can use to explain behaviour within their domain of physical education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Illustrate the key principles of psychology and the relationship with Physical Education
- 2 Demonstrate how key theories of motivation link to student engagement in Physical Education.
- 3 Demonstrate knowledge of methods used to evaluate and assess psychological characteristics in a physical education setting.

Learning Outcomes of Assessments

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

Group Presentation	1	2	3
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Outline Syllabus

Introduction to psychology and how it applies to physical education Current psychological issues in real world physical education

An introduction to theories of motivation

An introduction to mental skills

An introduction to communication

Introduction to team dynamics

Introduction to leadership

Learning Activities

Theoretical and practical concepts and principles will be introduced and developed through a combination of lectures, seminars, and tutorial based learning activities. Opportunities will be available, where appropriate, for individual tutorials. Online and in person lectures will be scheduled throughout the semester.

Students will also be involved in a range of directed tasks which will be completed as independent study, including but not limited to planning and using individual and group discussions as an aid to learning and presenting information in a variety of ways.

Students will be required to complete background reading and preparations before lecture and workshop sessions, in order to aid their contribution to discussions and debates from an informed point of view

Practical teaching of peers and experience in a range of transferable skill activities will be delivered through tutorials. Study skills techniques including note-taking, active reading, planning for an assignment and information searches will be integrated through guided learning activities.

Notes

This module is delivered in semester 1. This module introduces students to the applied field of sports psychology and its application to physical education. Students will learn psychological principles and theories that they can use to explain behaviour within their domain of physical education. Students will be guided through the fundamentals of psychology, learning and behaviour change concepts relevant to physical education through scheduled lectures and seminars. Students will have the opportunity to gain feedback on their assessment preparation and further develop their knowledge through individual tutor support meetings schedules throughout the semester and via small group peer discussions during lecture and seminars.