

## Liverpool John Moores University

Title: Sports Psychology  
Status: Definitive  
Code: **4505SSLNGB** (123112)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Greenbank College

Team	Leader
Cath Walker	Y
Mark Palmer	
Victoria Boyd	
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**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	19
Seminar	20
Tutorial	1

**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 Sports Psychology. Sports Psychology is an evolving discipline that focuses on using psychology theory to understand and impact on the emotional well-being and performances of sport people.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Examine the relationship between psychology and sports coaching.
- 2 Examine the relationship between psychology and athletic performance
- 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 (30 mins)      1      2      3

## 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, practical sessions, online tasks, individual/group tasks and tutor support sessions.

## Notes

This module introduces students to the applied field of Sports Psychology. Sports Psychology is an evolving discipline that focuses on using psychology theory to understand and impact on the emotional well-being and performances of sport people.