

## Module Information

2022.01, Approved

### Summary Information

Module Code	4914SPSCC
Formal Module Title	Psychosocial principles of sport and exercise
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

### Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

### Partner Teaching Institution

Institution Name
Coleg Cambria

### Learning Methods

Learning Method Type	Hours
Lecture	26
Practical	22

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-PAR	PAR	January	12 Weeks

## Aims and Outcomes

Aims	The module aims to develop knowledge and understanding of the psychosocial concepts that underpin the sport and exercise environment.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Outline the importance of psychology, sociology and psychosocial principles in sport and exercise.
MLO2	2	Describe the individual (e.g., motivation, mood and emotion) and environmental (e.g., competition, principles of feedback and reinforcement) psychosocial principles associated with sport and exercise.
MLO3	3	Describe the social processes (e.g., team dynamics, cohesion and leadership) and behavioural outcomes (e.g., behaviour change, enhancing wellbeing, and enhancing society) associated with sport and exercise.

## Module Content

Outline Syllabus	Understanding individuals: e.g., gender, race, barriers to engagement, motivation, mood and emotion. Understanding environments: e.g., feedback, competitive environments. Understanding social processes: e.g., group dynamics, leadership and communication. Understanding behaviours: e.g., behaviour change, wellbeing and society.
Module Overview	
Additional Information	BPS and CIMSPA aligned.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Test	Online test 1	50	1.5	MLO1, MLO2
Exam	Online test 2	50	1.5	MLO3

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Cath Walker	Yes	N/A

### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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