

Liverpool John Moores University

Title: APPLIED SPORTS SCIENCE 2
Status: Definitive
Code: **5000SPOSCI** (114202)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Martin Eubank	Y

Academic Level: FHEQ5
Credit Value: 12.00
Total Delivered Hours: 30.00
Total Learning Hours: 120
Private Study: 90

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20.000
Practical	4.000
Tutorial	6.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Consultancy report (approx 2000 words)	75.0	
Reflection	AS2	Personal skills and development audit (approx 1000 words).	25.0	

Aims

The module aims to develop students understanding and self-appraisal of the processes and skills required for effective client assessment and evaluation in Sports Psychology support work.

Learning Outcomes

After completing the module the student should be able to:

- 1 Analyze the theory and skills required for safe, ethical and effective sports psychology practice when working with clients in an assessment and evaluation role.
- 2 Evaluate the processes of athlete assessment, data interpretation and client feedback in Sport Psychology support work.
- 3 Critically appraise personal competence in the skills required to conduct a Sport Psychology needs analysis.

Learning Outcomes of Assessments

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

consultancy report	1	2
Personal skills audit	3	

Outline Syllabus

Module introduction: A multidisciplinary approach to athlete development.

Basic principles of athlete assessment.

Reflective practice / skill self analysis.

Theoretical considerations in assessment and evaluation (performance analysis and motor skills).

Theoretical considerations in assessment and evaluation (psychology and development).

Measurement issues in performance assessment.

Effective feedback and data interpretation.

Communicating with non-scientific groups.

Pre-assessment preparation procedures 1: Screening, ethics, BASES code of conduct.

Pre-assessment preparation procedures 2: Risk assessment and COSSH.

Laboratory practical - athlete needs assessment.

Learning Activities

Students are expected to attend time-tabled sessions and are encouraged to utilise the available directed learning/tutorial time to conduct essential reading and/or complete the support activities. Key lecture sessions focusing on athlete assessment, ethics, data interpretation and dissemination of findings will incorporate input from practitioners involved in the delivery of sports science support. A supervised laboratory practicum will enable students to develop and reflect on these key skills together with analytical and problem solving skills.

References

Course Material	Book
Author	Andersen, M.
Publishing Year	2000
Title	Doing Sport Psychology
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	0736000860

Course Material	Book
Author	Cockerill, I.
Publishing Year	2000
Title	Solutions in Sport Psychology
Subtitle	
Edition	1st
Publisher	Thomson
ISBN	186152773X

Notes

To extend the students understanding of the processes and skills required for effective client assessment and evaluation in Sports Psychology support work, students will conduct an athlete assessment, followed by a guided self-analysis to determine their competency in relevant applied skills.