

Liverpool John Moores University

Title: PSYCHOLOGICAL PRINCIPLES
Status: Definitive
Code: **5014SPOSCI** (117538)
Version Start Date: 01-08-2019

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

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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 52

Total Learning Hours: 240 **Private Study:** 188

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	40
Practical	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Essay	50	
Exam	McLAM	McLAM exam	50	2

Aims

The module aims to explore the psychological principles associated with sport, exercise and psycho-social settings and an understanding of the principles that underpin the systems related to motor control and learning, and skilled behaviour.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the psychological principles associated with sport performance and exercise interventions.
- 2 Critically evaluate the psychological principles associated with motor control and learning and perceptual/cognitive expertise.
- 3 Evaluate the psycho-socio, cultural and environmental considerations of developing people in, and through, sport.

Learning Outcomes of Assessments

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

Essay	1	3
McLAM exam	2	

Outline Syllabus

*Identity, flow and mindfulness in sport.
Stress, anxiety and sport performance.
Psycho-social and organisational issues in sport.
Coach athlete relationships in sport.
Transitions in sport.
Theoretical models of exercise behaviour.
Interventions to enhance exercise adherence.
Central contributions of sensory motor control.
The theoretical basis to motor learning.
Feedback and attentional control.
Observational Learning.
Applied practice and instruction.
Expert performance and perceptual-cognitive expertise in sport.
Expert memory in sport.*

Learning Activities

Students are required to attend core lectures and to complete the recommended reading to expand and consolidate knowledge and understanding. Some sessions will contain group-work and/or laboratory activities that require students to use their analytical, statistical and problem-solving skills to enhance learning. Students will be

required to evidence their ability to evaluate and apply material across the summative assessments.

Notes

This module forms the level 5 component of the core theoretical spine of modules running through the Applied Sport Psychology (ASP) and Sport and Exercise Science (SES) programmes. The module provides focused and relevant exposure to the sport, exercise, psycho-social and motor principles underpinning sport behavior.