

#### Summary Information

|                     |                                  |
|---------------------|----------------------------------|
| Module Code         | 5093SPS                          |
| Formal Module Title | Sport and Performance Psychology |
| Owning School       | Sport and Exercise Sciences      |
| Career              | Undergraduate                    |
| Credits             | 20                               |
| Academic level      | FHEQ Level 5                     |
| Grading Schema      | 40                               |

#### Teaching Responsibility

|                                   |
|-----------------------------------|
| LJMU Schools involved in Delivery |
| Sport and Exercise Sciences       |

#### Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture              | 22    |
| Seminar              | 22    |

#### Module Offering(s)

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

#### Aims and Outcomes

|      |   |
|------|---|
| Aims | The module aims to develop students' abilities to evaluate psychological principles associated with sport and performance and motor control and learning, considering individual (e.g., personality) and environmental (e.g., culture) factors. |
|------|---|

## After completing the module the student should be able to:

### Learning Outcomes

| Code | Number | Description   |
|------|--------|---|
| MLO1 | 1      | Evaluate the individual and environmental psychological principles associated with sport performance.   |
| MLO2 | 2      | Evaluate the individual and environmental psychological principles associated with motor control and learning and perceptual/cognitive expertise. |

### Module Content

|                        |  |
|------------------------|--|
| Outline Syllabus       | Understanding individuals (e.g., resilience and thriving, anxiety, confidence, personality and choking/clutching under pressure). Understanding environments (e.g., performance sport culture and competitive, organisation and personal stress). Motor learning (e.g., using our senses to control movement, the brain and spinal cord, the use of augmented information to facilitate motor learning, and planning optimal practice environments for motor learning. |
| Module Overview        |  |
| Additional Information | BUES and BPS mapped.   |

### Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|-----------------|--------|--------------------------|---------------------------------|
| Test                | Online test     | 50     | 0                        | MLO1                            |
| Centralised Exam    | Online exam     | 50     | 1.5                      | MLO2                            |

### Module Contacts

#### Module Leader

| Contact Name  | Applies to all offerings | Offerings |
|---------------|--------------------------|-----------|
| Mark Hollands | Yes                      | N/A       |

#### Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
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