

# Applied Sport Psychology Principles

## Module Information

2022.01, Approved

### Summary Information

Module Code	5101SPOPSY
Formal Module Title	Applied Sport Psychology Principles
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	28
Workshop	16

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

### Aims and Outcomes

Aims	The module aims to explore the theory and process that underpins the implementation of sport psychology services with sport performers, and to establish how sport psychology skills and techniques can be applied in sport performance settings.
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**After completing the module the student should be able to:**

**Learning Outcomes**

Code	Number	Description
MLO1	1	Apply the techniques that govern sport psychology needs analysis and client education.
MLO2	2	Apply the skills that govern sport psychology intervention.
MLO3	3	Discuss the methods used to evaluate applied sport psychologist's effectiveness.

**Module Content**

Outline Syllabus	Making contact, building rapport and negotiating roles Doing a needs analysis Feeding back and designing interventions Psychological skills training Delivering intervention programmes and educational workshops Evaluating consultant effectiveness
Module Overview	The module aims to explore the theory and process that underpins the implementation of sport psychology services with sport performers and to establish how sport psychology skills and techniques can be applied in sport performance settings.
Additional Information	This module forms the middle part of the core applied spine of modules running through the Applied Sport Psychology (ASP) programme, and is specifically tailored to and solely studied by its students. The module provides focused and relevant exposure to some of the skills central to Applied Sport Psychology, and provides an appropriate bridge between the familiarization undertaken in Applied Sport Psychology Fundamentals at level 4 and the work-related learning engagement that takes place in the Applied Sport Psychology Placement module at level 6.

**Assessments**

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Consultancy report	40	0	MLO1
Practice	Educational workshop	35	0	MLO2
Essay	Applied practice essay	25	0	MLO3

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Joe Causer	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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