

Liverpool John Moores University

Title: APPLIED SPORT PSYCHOLOGY PRINCIPLES
Status: Definitive
Code: **5101SPOPSY** (123285)
Version Start Date: 01-08-2021

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

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 20 **Total Delivered Hours:** 44

Total Learning Hours: 200 **Private Study:** 156

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	28
Workshop	16

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Con rep	Consultancy report	40	
Presentation	Edu work	Educational workshop	35	
Essay	ASP essay	Applied practice essay	25	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Consultancy report	1
Educational workshop	2
Applied practice essay	3

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

Learning Activities

The module delivery combines lectures, evaluating the psychological application of the technique / skill and the theory/research that underpins it, with workshops that actively explore the practical application of the relevant skill(s) in sport performance settings. This permit the skills essential to Applied Sport Psychology practice to be taught and practiced.

Notes

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.

