

Summary Information

Module Code	5102SPOSCI
Formal Module Title	Psychological 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	24
Seminar	12
Workshop	12

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 develop students' ability to evaluate psychological principles associated with sport, exercise, and those associated with motor control and learning and expertise. This will be evaluated via an essay based assessment, and laboratory report examinations. Formative opportunities for students to self-evaluate their understanding will be offered throughout the module and specified feed-forward sessions. Students will also gain exposure to laboratory scenarios in the context of motor learning and control in order to further develop their understanding of experimental psychology.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the psychological principles associated with motor control and learning and perceptual/cognitive expertise
MLO2	2	Evaluate the psycho-socio, cultural and environmental considerations of developing people in, and through, sport.
MLO3	3	Evaluate the psychological principles associated with sport performance and exercise interventions.

Module Content

Outline Syllabus	Motor Control Sensory Processing Motor Learning Representations Expert Application Athlete Talent Identification and Transition Stress, Anxiety, and Performance Directed Study Week Organisational Culture, Relationships, and Sport Identity and Peak Performance Self-Efficacy Theory Self-Determination Theory Transtheoretical Model of Health Behaviour Change
Module Overview	This module aims to develop your ability to evaluate psychological principles associated with sport, exercise, and those associated with motor control and learning and expertise. You will also gain exposure to laboratory scenarios in the context of motor learning and control in order to further develop their understanding of experimental psychology.
Additional Information	The content will include both theoretical knowledge and practical skills related to a number of psychological processes and mechanisms. This will be evaluated by the completion of the relevant written and laboratory assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feedforward and feedback pedagogical sessions on assessment requirements. This will be augmented with resources that facilitate self-directed exploration of psychology for coursework and the module examination. In addition, a mix of journal articles and chapters will form the basis of the reading that is required for the module

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Online Test on CANVAS	35	0	MLO1
Centralised Exam	Online Exam on CANVAS	65	1.5	MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings

Mark Hollands	Yes	N/A
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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