

## Liverpool John Moores University

Title: PSYCHOLOGICAL PRINCIPLES  
Status: Definitive  
Code: **5102SPOSCI** (123202)  
Version Start Date: 01-08-2020

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:** 49.5  
**Total Learning Hours:** 200      **Private Study:** 150.5

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Seminar	12
Workshop	12

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Test	OnlineTest	Online Motor Test	35	
Exam	OnlineExam	Online sport and exercise test	65	1.5

### 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.*

## **Learning Outcomes**

After completing the module the student should be able to:

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

## **Learning Outcomes of Assessments**

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

Online Test on CANVAS	1	
Online Exam on CANVAS	2	3

## **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*

## **Learning Activities**

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical,

statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in their assessments.

## **Notes**

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