

Psychology for Sports Coaches 2

Module Information

2022.01, Approved

Summary Information

Module Code	5464SSLN
Formal Module Title	Psychology for Sports Coaches 2
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	20
Seminar	20

Module Offering(s)

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

Aims and Outcomes

Aims	This level 5 module builds on the foundations introduced in level four by supporting student's ability to correctly apply sport psychology concepts in line with performer's outcome goals.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate the relationship between psychological theories such as motivation, stress and anxiety and their effects on performance.
MLO2	2	Illustrate how theories of skill acquisition and cognitive development can be used to understand motor development.
MLO3	3	Apply a variety of psychological methods of assessment to both coaches and athletes and diagnose potential performance issues.

Module Content

Outline Syllabus	<ul style="list-style-type: none"> • The relationship between psychology and skill development. • How stress affects performance. • The psychology of eating and exercise behaviours. • Theories of motivation and how they apply to a wide range of people, athletes and coaches. • Methods in sport psychology.
Module Overview	This module builds on the foundations on previous modules by supporting your ability to correctly apply sport psychology concepts in line with a performer's outcome goals.
Additional Information	This level 5 module builds on the foundations introduced in level four by supporting student's ability to correctly apply sport psychology concepts in line with performer's outcome goals.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Presentation	50	0	MLO1, MLO2, MLO3
Report	Report	50	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Amy Whitehead	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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