

Liverpool John Moores University

Title: Psychology for Sports Coaches 2
Status: Definitive
Code: **5464SSLN** (123002)
Version Start Date: 01-08-2021

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

Team	Leader
Amy Whitehead	Y

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 40
Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS 1	Presentation (15 mins)	50	
Report	AS 2	Report (2500 words)	50	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Presentation	1	2	3
Report	1	2	3

Outline Syllabus

- *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.*

Learning Activities

The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions.

Notes

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.