

**Summary Information**

<b>Module Code</b>	5502SPOPID
<b>Formal Module Title</b>	Psychological Principles
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 5
<b>Grading Schema</b>	40

**Module Contacts****Module Leader**

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
Dominic Doran	Yes	N/A

**Module Team Member**

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
---------------------	---------------------------------	------------------

**Partner Module Team**

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
---------------------	---------------------------------	------------------

**Teaching Responsibility**

<b>LJMU Schools involved in Delivery</b>
LJMU Partner Taught

## Partner Teaching Institution

Institution Name
Portobello Institute

## Learning Methods

Learning Method Type	Hours
Lecture	24
Seminar	12
Workshop	12

## Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	September	12 Weeks

## Aims and Outcomes

<b>Aims</b>	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:

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

### 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)	Learning Outcome Mapping
Test	Online Test on e-Portobello	35	0	MLO1
Exam	Online Exam on e-Portobello	65	1.5	MLO3, MLO2