

Liverpool John Moores University

Title: Psychological Performance in Sport & Exercise
Status: Definitive
Code: **5502SSLNBF** (124736)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Victoria Boyd	

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Practical	15
Seminar	12
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Seminar	Presentation (Seminar) 15 Minutes	50	
Practice	Practice	Practice (Portfolio) 2500 words	50	

Aims

This module will provide students with the opportunity to investigate applied Psychology in Sport and physical exercise. The module enables students to understand psychological issues in the context of sport and exercise that can affect performance and outcome goals.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically analyse and evaluate theories relating to sports psychology and performance enhancement techniques.
- 2 Demonstrate knowledge of assessment methods used to evaluate psychological characteristics.
- 3 Apply psychology theory to support intervention strategies used to maximise performance in sport and exercise.

Learning Outcomes of Assessments

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

Seminar	1	2	3
Portfolio	1	2	3

Outline Syllabus

Introduction to psychology and context to coaching and performance.
Group and team psychology.
Individual athlete profiling.
Stress and anxiety.
Moods and emotions.
Injury induced depression.
Performance slumps.
Player burnout.
Motivation theories.
Methods in Sport Psychology.
Contemporary psychological issues in a sporting context.
Intervention strategies to enhance performance.

Learning Activities

Study skills techniques
Lecture based workshops
Presenting information in practical environments
Peer and Self-reflection
VLE Forums online
Evaluating case studies

Notes

This module supports students in a sports psychology context and will provide

individuals the opportunity to apply and reflect on sport psychology concepts in different situations.

The practice portfolio will be evidence of the different psychological interventions including, images, data, witness statements and session plans and the methodology that provide anecdotal information of knowledge attained through application of interventions, Each situation can be unique depending on the chosen athlete and sport/physical activity undertaken.