

Summary Information

Module Code	5503SPRT
Formal Module Title	Psychological Issues in Professional Sport
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Colin Lewis	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	30
Seminar	18

Module Offering(s)

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

Aims and Outcomes

Aims	The module will focus on the cognitive and affective processes influencing human functioning. It will specifically focus on the complex interplay between cognitive and affective processes and the resulting impact on performance in a range of sport settings. The module will explore a range of potential performance, social and cultural issues athletes and coaches may face within their careers and provide solution focused based explanations for the enhancement of performance and well-being.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Synthesise information relating to cognitive and affective processes in sport.
MLO2	Evaluate theoretical perspectives and research findings relevant to the study of cognition and emotions in sport.
MLO3	Demonstrate knowledge of the regulation of human behaviour based on an advanced understanding of cognitive and affective processes.

Module Content

Outline Syllabus

Cognitions and Emotions:• Self-concept and identity• Emotional Intelligence Psychological Issues in Professional Sport:• Self-handicapping• Choking under pressure• Hazing and initiations in the sporting environment• The psychology of injury• Career transitions• Addictive and unhealthy behaviours• Performance enhancing substances
Positive Psychology:• Social support in sport psychology• Resilience and growth mindset in sport • Coping and intervention strategies

Module Overview

Additional Information

None.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Presentation	Seminar	100	0	MLO3, MLO2, MLO1