

## Liverpool John Moores University

Title: Psychological Issues in Professional Sport  
Status: Definitive  
Code: **5503SPRT** (128436)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Nelson and Colne College Group

Team	Leader
Ian Sadler	

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

### Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	30
Seminar	18

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Written Essay (3000 words)	100	

### 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.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Synthesise information relating to cognitive and affective processes in sport.
- 2 Evaluate theoretical perspectives and research findings relevant to the study of cognition and emotions in sport.
- 3 Demonstrate knowledge of the regulation of human behaviour based on an advanced understanding of cognitive and affective processes.

## Learning Outcomes of Assessments

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

Written essay	1	2	3
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## 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*

## Learning Activities

The students will be engaged in a blend of teaching and learning strategies. Theoretical delivery will occur through lectures, teamwork, workshops, practical and student lead discovery-based learning, supported via the VLE. Students will receive 30 hours of theory based delivery. Additionally, students will also receive 18 hours of group tutorials, in which students will prepare for upcoming assessments and staff will assist with the understanding of psychological issues within professional sport.

**Notes**

None.