

Liverpool John Moores University

Title: Sports Psychology 2
Status: Definitive
Code: **5505SSLNGB** (123126)
Version Start Date: 01-08-2021

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

Team	Leader
Victoria Boyd	Y
Rachael Grace	

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	18
Seminar	20
Tutorial	2

Grading Basis: 40 %

Assessment Details

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

Aims

This module will enhance students' understanding of the relationship psychology and explore the relationship between theories of motivation, stress and anxiety and their effects on performance. Students will be exposed to and use various methods to apply psychological principles in their role as a coach

Learning Outcomes

After completing the module the student should be able to:

- 1 Recognise the relationship between psychology and skill development.
- 2 Evaluate the relationship between theories of motivation, stress and anxiety and their effects on performance.
- 3 Demonstrate how to use a variety of methods of assessment with both coaches and athletes.

Learning Outcomes of Assessments

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

Paired presentation (15 mins)	1	2	3
Essay (2500 words)	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

This module is taught via lectures and seminars. Further academic skills will be developed through the use of subject specific literature, student led presentations and guided tasks. These will enable students to apply and critically evaluate key concepts and theories within and outside the context in which they were first studied.

Notes

This module will enhance students' understanding of the relationship psychology and explore the relationship between theories of motivation, stress and anxiety and their effects on performance. Students will be exposed to and use various of methods to apply psychological principles in their role as a coach