

Liverpool John Moores University

Title: CONCEPTUAL AND APPLIED ISSUES IN SPORT
PSYCHOLOGY
Status: Definitive
Code: **6007SPOSCI** (114288)
Version Start Date: 01-08-2011
Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Mark Nesti	Y

Academic Level: FHEQ6 **Credit Value:** 24.00 **Total Delivered Hours:** 50.00
Total Learning Hours: 240 **Private Study:** 190

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	36.000
Seminar	4.000
Tutorial	4.000
Workshop	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay	50.0	
Exam	AS2	Seen Exam	50.0	2.00

Aims

The module aims to develop student's ability to critically evaluate key contemporary issues within Sport Psychology. Particular emphasis is placed on the examination of emotion and anxiety related processes and perspectives that represent current theoretical positions in the discipline and also the philosophies, models and techniques that govern Applied Sport Psychology consultation.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current perspectives and models of peak performance including flow, IZOF and peak experiences
- 2 Critically evaluate current perspectives and models of anxiety and their integration with appraisal related mechanisms.
- 3 Examine the practical application of current emotion and anxiety perspectives to sport performance
- 4 Critically analyse contemporary approaches to Sport Psychology consultation and practice.
- 5 Critically examine the contribution of psychological skills and techniques to the performance enhancement and personal development of various client groups.

Learning Outcomes of Assessments

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

10 page essay	1	2	3
Seen exam	4	5	

Outline Syllabus

Competitive anxiety and performance: Anxiety interpretation: A control-process perspective

Anxiety interpretation and individual differences

Facilitative anxiety – myth or mislabelled? Issues of rhetoric and theory

Understanding anxiety through practical application

Existential anxiety and sport performance

Peak performance, flow and spiritual dimensions in sport

Applying IZOF and flow to sport

Emotion and personal meaning in sport performance (MN)

Becoming an Applied Sport Psychologist: Career based opportunities and pathways.

The applied sports psychology consultant: Introducing the role and the sophist philosophy / model of practice.

Working with individuals: Developing Mental Excellence and Mental Toughness.

Working with teams: Understanding Group Dynamics and developing Team Cohesion.

Working with organisations: Developing structures and relationships.

The applied sports psychology consultant: The socratic philosophy / model of practice

Ethical dilemmas and professional boundaries in service delivery.

Person centred and Existential approaches to counselling in sport.

Counselling skills and encounters: Humanistic, Cognitive Behavioural and Existential perspectives.

Learning Activities

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning / tutorial time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will be workshop based and contain activities where students will be required to use their analytical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to critically evaluate and material. Students will be required to evidence this in the production of their coursework essays and examination.

References

Course Material	Book
Author	Andersen, M.
Publishing Year	2000
Title	Doing Sport Psychology
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	ISBN 0736000860

Course Material	Book
Author	Cockerill, I.
Publishing Year	2000
Title	Solutions in Sport Psychology
Subtitle	
Edition	1st
Publisher	Thomson
ISBN	ISBN 186152773X

Course Material	Book
Author	Murphy, S.M.
Publishing Year	1995
Title	Sport Psychology Interventions
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	ISBN 0873226593

Course Material	Book
Author	Csikszentmihalyi, M.
Publishing Year	1990
Title	Flow: The Psychology of Optimal Experience
Subtitle	

Edition	1st
Publisher	Harper and Row
ISBN	

Course Material	Book
Author	Hanton, S. & Mellalieu, S.D.
Publishing Year	2006
Title	Literature Reviews in Sport Psychology
Subtitle	
Edition	1st
Publisher	Nova Science Publishers
ISBN	

Course Material	Book
Author	Horn, T.S.
Publishing Year	2008
Title	Advances in Sport Psychology
Subtitle	
Edition	3rd
Publisher	Human Kinetics.
ISBN	

Course Material	Book
Author	Nesti, M
Publishing Year	2004
Title	Existential Psychology and Sport
Subtitle	
Edition	1st
Publisher	Routledge
ISBN	

Course Material	Book
Author	Nesti, M
Publishing Year	2007
Title	Sport and Spirituality
Subtitle	
Edition	1st
Publisher	Routledge
ISBN	

Course Material	Book
Author	Williams, J.
Publishing Year	2006
Title	Applied Sport Psychology: Personal Growth to Peak Performance
Subtitle	
Edition	5th

Publisher	McGraw-Hill
ISBN	

Notes

This module critically examines some of the key contemporary topics in Sport Psychology and explores applied issues within Sport Psychology support work. This will be evaluated in both coursework assessment tasks, where the extent of the students' critical understanding and application of the material will be evidenced. The first semester of the module focuses on key concepts relating to the areas of emotion and anxiety and is assessed via essay based coursework. The second semester considers approaches and techniques of the Applied Sport Psychologist and is assessed by seen examination.