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Title: PSYCHOLOGY AND DEVELOPMENT ISSUES IN SPORT  
Status: Definitive  
Code: **6017SPOSCI** (117544)  
Version Start Date: 01-08-2018  
  
Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

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**Academic Level:** FHEQ6      **Credit Value:** 24      **Total Delivered Hours:** 48  
**Total Learning Hours:** 240      **Private Study:** 192

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	46

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay		50	
Exam	Exam		50	2

### Aims

*The module aims to develop student's ability to critically evaluate contemporary*

*Sport Psychology concepts that influence athlete performance and development. In semester 1, emphasis is placed on the examination of anxiety, flow and identity related experiences of athletes and the effect of career transition on their psychosocial development. In semester 2 the philosophies, models and techniques that govern Applied Sport Psychology consultation are critically evaluated, with the psycho-socio, cultural and environmental considerations of athlete development being explored.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate current perspectives and models of anxiety and peak performance
- 2 Synthesize the effect of career transition to the psychosocial development of athletes.
- 3 Analyse the philosophies, models and techniques that govern Applied Sport Psychology practice.
- 4 Critically examine the psycho-socio, cultural and environmental considerations underpinning development in sport.

## **Learning Outcomes of Assessments**

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

Essay	1	2
Exam	3	4

## **Outline Syllabus**

*Current perspectives on competitive anxiety and performance*  
*Anxiety interpretation: A control-process perspective*  
*Anxiety interpretation and individual differences*  
*Existential anxiety and sport performance*  
*Peak performance, flow and spiritual dimensions in sport*  
*Identity and personal meaning in sport performance*  
*Managing career transitions in sport: a practitioner perspective*  
*Managing career transitions in sport: organizational and cultural perspectives 1*  
*Managing career transitions in sport: organizational and cultural perspectives 2*  
*Contemporary issues in sport: Migration*  
*Contemporary issues in sport: Performance Lifestyle programmes*  
*Cultural issues in high performance sport 1*  
*Cultural issues in high performance sport 2*  
*The applied sports psychology consultant: Philosophy and models of practice.*  
*Humanistic, Cognitive Behavioural and Existential approaches to counselling in sport.*  
*Ethical dilemmas and professional boundaries in service delivery.*  
*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.*

## **Learning Activities**

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning / private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will 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.

## **Notes**

This module forms the level 6 component of the core theoretical spine of modules running through the Applied Sport Psychology (ASP) and Sport Science (SS) programmes. The module provides focused and relevant exposure to the sport psychology and psycho-social principles underpinning sport performance and behaviour.