

## Liverpool John Moores University

Title: PSYCHOLOGY AND DEVELOPMENT ISSUES IN SPORT  
Status: Definitive  
Code: **6107SPOSCI** (123214)  
Version Start Date: 01-08-2021

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

Team	Leader
David Tod	Y
Martin Littlewood	
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**Academic Level:** FHEQ6      **Credit Value:** 20      **Total Delivered Hours:** 50

**Total Learning Hours:** 200      **Private Study:** 150

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Seminar	24

**Grading Basis:** 40 %

### Assessment Details

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

### Aims

*The module aims to develop student's ability to critically evaluate contemporary sport and exercise psychology concepts that influence participants' performance, well-being, and development. The module will address topics, such as anxiety, identity, career transition within a critical evaluation of the psycho-social, cultural and environmental considerations of development.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current perspectives and models of anxiety, identity, performance, and well-being
- 2 Synthesize the effect of career transition and organisational culture to the psychosocial development of athletes
- 3 Critically examine the psycho-socio, cultural and environmental considerations underpinning development issues in sport and exercise

## Learning Outcomes of Assessments

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

Essay	1	2
Exam	3	

## Outline Syllabus

*Current perspectives on competitive anxiety, performance (e.g., Existential and Cognitive Behavioural), identity, and personal meaning in sport performance; Managing career transitions in sport from psycho-social, cultural, and environmental perspectives; Managing organisational culture in sport from psycho-social, cultural, and environmental perspectives; Contemporary issues in sport and exercise from psycho-social, cultural, and environmental perspectives (e.g., Migration, Performance Lifestyle programmes, Developing Mental Excellence and Mental Toughness)*

## 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 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 Sport Psychology (SP) and Sport and Exercise Science (SES) programmes. The module provides focused and relevant exposure to the sport and

exercise psychology and psycho-social principles underpinning sport and exercise performance and behaviour.