

Module Information

2022.02, Approved

Summary Information

Module Code	6107SPOSCI
Formal Module Title	Psychology and Development Issues in Sport
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	24
Seminar	24

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate current perspectives and models of anxiety, identity, performance, and well-being
MLO2	2	Synthesize the effect of career transition and organisational culture to the psychosocial development of athletes
MLO3	3	Critically examine the psycho-socio, cultural and environmental considerations underpinning development issues in sport and exercise

Module Content

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)
Module Overview	The module aims to develop your ability to critically evaluate contemporary sport and exercise psychology concepts that influence participants' performance, wellbeing, 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.
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay	50	0	MLO1, MLO2
Centralised Exam	Exam	50	2	MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Lorcan Cronin	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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