

Liverpool John Moores University

Title: PSYCHOLOGY OF FOOTBALL
Status: Definitive
Code: **6112SPFOOT** (125531)
Version Start Date: 01-08-2021

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

Team	Leader
Martin Littlewood	Y

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Off Site	8
Practical	8
Seminar	12

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Presentation	30	
Report	Report	Report	70	

Aims

The module aims to develop the students' conceptual and applied knowledge and understanding of psychology in football, with particular reference to the development and support of elite level players. It will encourage students to apply theoretical and applied processes relevant to the development and support of players in professional football.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain, evaluate, and critically analyse a range of psychological concepts in the context of player development in football
- 2 Explain, evaluate, and critically analyse the use of a perceptual cognitive expertise framework to support the development of talent in football

Learning Outcomes of Assessments

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

Presentation	1	2
Report	1	2

Outline Syllabus

Philosophy of sport psychology support
Mental skills training in football
Counselling psychology
Identity and personal development
Career transitions
Perceptual cognitive expertise

Learning Activities

Students are expected to attend time-tabled lectures, seminar, workshops and practicals, 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 sessions will contain individual and group-work in which students will be required to explain, evaluate and present conceptual knowledge and psychological data. Students should complete the required recommended reading and tasks to widen their theoretical and applied knowledge. Students will be required to evidence this in the production and completion of their assessments.

Notes

This module is designed to develop students' understanding and ability to critically analyse conceptual and applied concepts in psychology in football. Students will be given an understanding of different philosophical approaches utilised to support the development of football players in an elite level football context. A range of applied assessment techniques will also be examined and utilised to collect a range of baseline data when working with players. The data will be described and evaluated during lectures, seminars and field-based practicals. The module will combine a

balance of conceptual and theoretical assessment measures that help identify the vocationally relevant process skills of an applied sports psychologist and wider transferable skills. There will be formative and summative opportunities to communicate and receive feedback on theoretical and applied process knowledge in psychology.