

## Psychology for Sports Coaches 3

### Module Information

2022.01, Approved

#### Summary Information

Module Code	6463SSLN
Formal Module Title	Psychology for Sports Coaches 3
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	10
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	10
Seminar	10

#### Module Offering(s)

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

#### Aims and Outcomes

Aims	This module seeks to integrate the principles of psychology into an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. The module will be delivered in classrooms.
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**After completing the module the student should be able to:**

**Learning Outcomes**

Code	Number	Description
MLO1	1	Critically appraise and apply key concepts of psychology within the design of an annual training programme
MLO2	2	Evaluate how an applied sport psychology practitioner may create performance solutions for various participants along the sporting pathway

**Module Content**

Outline Syllabus	<ul style="list-style-type: none"> <li>• Imbedding psychology and mental skills into periodisation.</li> <li>• Team v individual sports</li> <li>• Planning for developmental performers</li> <li>• Considering different populations.</li> <li>• How does injury rehabilitation impact planning and delivery?</li> </ul>
Module Overview	This module seeks to integrate the principles of psychology into an annual training plan. You will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts.
Additional Information	This module seeks to integrate the principles of psychology into an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. The module will be delivered in classrooms.

**Assessments**

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	MLO1, MLO2

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Gus Ryrie	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings