

Liverpool John Moores University

Title: Psychology for Sports Coaches 3
Status: Definitive
Code: **6463SSLN** (123007)
Version Start Date: 01-08-2021

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

Team	Leader
Angus Ryrie	Y
Amy Whitehead	

Academic Level: FHEQ6 **Credit Value:** 10 **Total Delivered Hours:** 20

Total Learning Hours: 100 **Private Study:** 80

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS 1	Portfolio (4500 word equivalent)	100	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Portfolio	1	2
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Outline Syllabus

- *Imbedding psychology and mental skills into periodisation.*
- *Team v individual sports*
- *Planning for developmental performers*
- *Considering different populations.*
- *How does injury rehabilitation impact planning and delivery?*

Learning Activities

The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions.

Notes

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