

Summary Information

Module Code	6502SPRT
Formal Module Title	Applied Sport Psychology
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Colin Lewis	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

Partner Module Team

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	15
Seminar	6
Tutorial	15

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

Aims	This module will enable students to understand the role of applied sport psychology, the theoretical approaches that inform protocols and the different models of performer assessment and intervention design. The module aims to promote independent study and the ability to critically evaluate research findings from contemporary literature and their application to a sports coaching setting.
-------------	--

Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate a range of Psychological Skills Training techniques utilised by applied sport psychologists.
MLO2	Apply intervention techniques for individual or team performance enhancement.
MLO3	Critically analyse issues in sports psychology, from team or an individual setting.

Module Content

Outline Syllabus

The role of applied sport psychology:• History, Training and professional development
Theoretical approaches:• Cognitive behavioural therapies• The humanistic centred approach• Psychodynamic models of therapy
Performer assessment:• Individual and group observations • Psychological assessments: projective techniques • Psychological assessments: objective/ self-report measures
Mental skills:• Imagery• Goal setting• Positive self-talk• Pre-performance routines• Relaxation techniques
Working with specific populations:• Children• Professional athletes• Teams vs individual athletes
Designing sports psychology intervention programs:• Attending and listening• Working with reluctant clients• Ethical practices in sports psychology• The importance of good record keeping• Exit strategy – more than saying goodbye

Module Overview

Additional Information

None.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Written Essay	60	0	MLO3, MLO1, MLO2
Exam	Oral Exam	40	0	MLO3, MLO1, MLO2