

Liverpool John Moores University

Title: Applied Sport Psychology
Status: Definitive
Code: **6502SPRT** (128441)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Nelson and Colne College Group

Team	Leader
Ian Sadler	

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 36
Total Learning Hours: 200
Private Study: 164

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	15
Seminar	6
Tutorial	15

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Written Essay (2500 words)	60	
Exam	Exam	Oral Exam (15-min)	40	

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:

- 1 Critically evaluate a range of Psychological Skills Training techniques utilised by applied sport psychologists.
- 2 Apply intervention techniques for individual or team performance enhancement.
- 3 Critically analyse issues in sports psychology, from team or an individual setting.

Learning Outcomes of Assessments

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

Written Essay	1	2	3
Oral Exam	1	2	3

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*

Learning Activities

The students will be engaged in a blend of teaching and learning strategies. Theoretical delivery will occur through lectures, teamwork, workshops, practical and student lead discovery-based learning, supported via the VLE. The students will typically receive 15 of hours of theory through lectures and 6 hours of seminars to conceptualise the current agendas and policies. Furthermore, students will receive 15 hours of group tutorials where staff will assist students to integrate their knowledge in preparation for upcoming assessments. Guest lectures may also be included from sport industry practitioners.

Notes

None.