

Liverpool John Moores University

Title: Psychology of Football
Status: Definitive
Code: **6503YAUPE** (127917)
Version Start Date: 01-08-2021

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

Team	Leader
Gillian Cook	Y

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 40
Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	30
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Psychological skills in football	50	
Presentation	Present	Presentation on psychological interventions in football	50	

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:

Psychology need in football	1	2
Mental Skills Development	1	2

Outline Syllabus

Teaching and learning methods include lectures, tutorials, seminars, debates and workshops. The taught component of the module explores a range of current issues within psychology football that cover social, psychological, cultural, and physiological aspects of football. Specific examples of the types of issues to be discussed include:

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

Learning Activities

Teaching and learning methods include lectures and seminars.

Notes

Students will be expected to engage with and contribute to the learning environment through discussion and practice (in various football contexts).