

**Summary Information**

<b>Module Code</b>	6507SPOPID
<b>Formal Module Title</b>	Advanced Sport and Exercise Psychology
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 6
<b>Grading Schema</b>	40

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

**Module Team Member**

Contact Name	Applies to all offerings	Offerings
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**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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**Teaching Responsibility**

<b>LJMU Schools involved in Delivery</b>
LJMU Partner Taught

## Partner Teaching Institution

Institution Name
Portobello Institute

## Learning Methods

Learning Method Type	Hours
Lecture	24
Seminar	24

## Module Offering(s)

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

## Aims and Outcomes

<b>Aims</b>	The module aims to develop student's ability to critically evaluate contemporary sport and exercise psychology concepts that influence participants' performance, well-being, and development. The module will address topics, such as anxiety, identity, career transition within a critical evaluation of the psycho-social, cultural and environmental considerations of development.
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## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate current perspectives and models of anxiety, identity, performance, and well-being
MLO2	Synthesize the effect of career transition and organisational culture to the psychosocial development of athletes
MLO3	Critically examine the psycho-socio, cultural and environmental considerations underpinning development issues in sport and exercise

## Module Content

### Outline Syllabus

Current perspectives on competitive anxiety, performance (e.g., Existential and Cognitive Behavioural), identity, and personal meaning in sport performance; Managing career transitions in sport from psycho-social, cultural, and environmental perspectives; Managing organisational culture in sport from psycho-social, cultural, and environmental perspectives; Contemporary issues in sport and exercise from psycho-social, cultural, and environmental perspectives (e.g., Migration, Performance Lifestyle programmes, Developing Mental Excellence and Mental Toughness)

## Module Overview

### Additional Information

This module forms the level 6 component of the core theoretical spine of modules running through the Sport Psychology (SP) and Sport and Exercise Science (SES) programmes. The module provides focused and relevant exposure to the sport and exercise psychology and psycho-social principles underpinning sport and exercise performance and behaviour.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Essay	50	0	MLO1, MLO2
Exam	Exam	50	2	MLO3