

Liverpool John Moores University

Title: CURRENT CONCEPTS IN SPORT PSYCHOLOGY
Status: Definitive
Code: **7012SPOSCI** (114307)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Mark Nesti	Y

Academic Level: FHEQ7
Credit Value: 20.00
Total Delivered Hours: 24.00
Total Learning Hours: 200
Private Study: 176

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20.000
Seminar	2.000
Tutorial	2.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Conference Style Abstract	20.0	
Presentation	AS2	Oral Presentation	80.0	

Aims

The module aims to enable students to critically evaluate and integrate current contemporary Sport Psychology based issues from the emotion, peak performance and motor skills literature. Critical debate and discussion of the material presented will be central to the modular teaching sessions.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate contemporary debates and current issues within selected concepts of sport psychology motor skills research.
- 2 Examine the conceptual synthesis within and across the selected concepts of sport psychology motor skills research.

Learning Outcomes of Assessments

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

conference style	1	2
abstract presentation	1	2

Outline Syllabus

Current issues in stress & anxiety research

Current issues in competitive emotion research

Concepts in peak performance in sport

Flow, anxiety and optimal functioning

Current issues in peak experience, personal meaning and spiritual concepts in sport performance

Current issues in talent identification and development research

Development of Expertise in Sport 1

Development of Expertise in Sport 2 Perceptual-Cognitive Expertise: From Testing to Training

Practice and Instruction

Learning Activities

Students are expected to attend time-tabled lectures. Critical debate and discussion of the material presented will be a central feature of the teaching sessions, where students will be required to think critically and integratively to contribute to debate and enhance their own learning. Students should complete the required and recommended reading to widen their critical knowledge and understanding and this should be evidenced in the assessment tasks.

References

Course Material	Book
Author	Hanton, S., Mellalieu, S.D.
Publishing Year	2006
Title	Literature Reviews in Sport Psychology
Subtitle	

Edition	
Publisher	Nova Science Publications
ISBN	1-59454-904-4

Course Material	Book
Author	Williams, A.M., Hodges, N.
Publishing Year	2004
Title	Skill Acquisition in Sport: Research, Theory and Practice
Subtitle	
Edition	
Publisher	Routledge
ISBN	

Course Material	Book
Author	Hanin, Y.L
Publishing Year	2000
Title	Emotions in Sport
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Jackson, S.A & Csikszentmihalyi, M
Publishing Year	1999
Title	Flow in Sports
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Williams, J.
Publishing Year	2006
Title	Applied Sport Psychology: Personal Growth to Peak Performance
Subtitle	
Edition	5th
Publisher	McGraw-Hill
ISBN	

Course Material	Book
Author	Starkes, J. L. & Ericsson, K. A.
Publishing Year	2003
Title	Expert Performance in Sports: Advances in Research on Sport Expertise
Subtitle	

Edition	1st
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Vickers, J.
Publishing Year	2007
Title	Perception, Cognition, and Decision Training: The Quiet Eye in Action
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	

Notes

This module provides the opportunity to study current topics within the domain of Sport Psychology, with a particular focus on performance. Contemporary themes are explored through a combination of contact lectures and private study journal reading.