

## Liverpool John Moores University

Title: PERFORMANCE ENHANCEMENT  
Status: Definitive  
Code: **7016SPOSCI** (114314)  
Version Start Date: 01-08-2011

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

| Team          | Leader |
|---------------|--------|
| Martin Eubank | 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 2

| Component | Contact Hours |
|-----------|---------------|
| Lecture   | 18.000        |
| Workshop  | 6.000         |

**Grading Basis:** 40 %

### Assessment Details

| Category | Short Description | Description        | Weighting (%) | Exam Duration |
|----------|-------------------|--------------------|---------------|---------------|
| Essay    | AS1               | Essay (1500 words) | 50.0          |               |
| Report   | AS2               | Essay (1500 words) | 50.0          |               |

### Aims

*The module aims to critically review alternative theoretical approaches to Sport Psychology practice, with a particular focus on consultant philosophy and its broad impact on performance enhancement and athlete development. The theory underpinning psychological skills in sport is explored, and specific techniques such as goal setting, imagery, relaxation, self-talk and notational analysis that assist the development of mental excellence are reviewed. Finally, the impact of organization culture, in-career transitions and social relationships on athlete development are explored within elite sport settings.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate philosophical approaches underpinning Sport Psychology consultation
- 2 Discuss the underpinning theory of psychological skills salient to Sport Psychology intervention.
- 3 Critically explore how organization culture and social relationships influence athlete identity and team cohesion.

## Learning Outcomes of Assessments

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

|                           |   |   |
|---------------------------|---|---|
| 6 page essay              | 1 |   |
| 6 page consultancy report | 2 | 3 |

## Outline Syllabus

*Critical exploration of the performance enhancement debate. Accountability and legitimization of Applied Sport Psychology.*

*Philosophical approaches to Applied Sport Psychology. Exploring the 'how's' and 'why's' of practice.*

*Alternative frameworks and approaches for Sport Psychology in sport and organizational settings.*

*Mental Skills Training: A critical review of its origins and value in modern day practice.*

*Psychological assessment and development of training packages and routines.*

*Skill theory to practice: Mental skills training.*

*Psychological applications of performance analysis.*

*Critical moments and boundary situations in elite professional sport: Who do you think you are?*

*The development of athlete and group identity within an elite professional climate.*

*Social relationships and interactions in sports teams and organisations – impact on team dynamics and cohesion.*

*Organisational culture, climate and context – the psychological impact on athlete development.*

## Learning Activities

Students are expected to attend lectures and workshops, which provide key material for the attainment of the learning outcomes. Sessions will engage students in interactive debate around contemporary theory governing applied practice and it's associated philosophies, models and skills. In addition, prescribed reading is

required to develop students critical understanding of Applied Sport Psychology issues and this wider knowledge should be reflected in the written assessments.

## References

|                        |                        |
|------------------------|------------------------|
| <b>Course Material</b> | Book                   |
| <b>Author</b>          | Andersen, M.           |
| <b>Publishing Year</b> | 2000                   |
| <b>Title</b>           | Doing Sport Psychology |
| <b>Subtitle</b>        |                        |
| <b>Edition</b>         |                        |
| <b>Publisher</b>       | Human Kinetics         |
| <b>ISBN</b>            |                        |

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|------------------------|------------------------------|
| <b>Course Material</b> | Book                         |
| <b>Author</b>          | Andersen, M.                 |
| <b>Publishing Year</b> | 2005                         |
| <b>Title</b>           | Sport Psychology in Practice |
| <b>Subtitle</b>        |                              |
| <b>Edition</b>         |                              |
| <b>Publisher</b>       | Human Kinetics               |
| <b>ISBN</b>            |                              |

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| <b>Course Material</b> | Book                               |
| <b>Author</b>          | Hill, K.L.                         |
| <b>Publishing Year</b> | 2001                               |
| <b>Title</b>           | Frameworks for Sport Psychologists |
| <b>Subtitle</b>        |                                    |
| <b>Edition</b>         |                                    |
| <b>Publisher</b>       | Human Kinetics                     |
| <b>ISBN</b>            |                                    |

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

|                        |            |
|------------------------|------------|
| <b>Course Material</b> | Book       |
| <b>Author</b>          | Horn, T.S. |
| <b>Publishing Year</b> | 2008       |

|                  |                              |
|------------------|------------------------------|
| <b>Title</b>     | Advances in Sport Psychology |
| <b>Subtitle</b>  |                              |
| <b>Edition</b>   | 3rd ed.                      |
| <b>Publisher</b> | Human Kinetics               |
| <b>ISBN</b>      |                              |

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|------------------------|----------------------------|
| <b>Course Material</b> | Book                       |
| <b>Author</b>          | Jowett, S. & Lavallee, D.  |
| <b>Publishing Year</b> | 2007                       |
| <b>Title</b>           | Social Psychology in Sport |
| <b>Subtitle</b>        |                            |
| <b>Edition</b>         |                            |
| <b>Publisher</b>       | Human Kinetics             |
| <b>ISBN</b>            |                            |

### Notes

Contemporary issues of consultancy philosophy / approach are explored and specific psychological skills training techniques and psycho-social processes are reviewed. Overt emphasis is placed on developing student understanding of the theoretical content that informs the application of the material to individual, team and organisational settings.