

## Liverpool John Moores University

Title: COUNSELLING SKILLS FOR SPORTS PRACTITIONERS  
Status: Definitive  
Code: **7026SPOSCI** (114335)  
Version Start Date: 01-08-2012  
  
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:** 36.00  
**Total Learning Hours:** 200  
**Private Study:** 164

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	6.000
Practical	12.000
Seminar	6.000
Workshop	12.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (3000 words)	100.0	

### Aims

*The module aims to enable students to critically evaluate the different theoretical perspectives relating to the use of counselling in Sports Psychology. Students will learn and develop the counseling and interpersonal skills that are relevant to those who work within a sports consultancy setting. The material covered will seek to develop an understanding of the social and emotional needs of athletes and of best practice in relation to meeting those needs in a sporting context. The module also*

*seeks to extend the students' appreciation of other therapeutic perspectives, including psychoanalytical and existential approaches to practice. The module will develop students understanding of ethical issues pertaining to counselling in sport.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically understand the major theories relating to the use of counseling in a sports setting.
- 2 Explain person centred therapy and it's associated core conditions for use in the sport context.
- 3 Practice and apply listening skills to facilitate person-centred practice.
- 4 Critically understand the ethical issues associated with using counseling skills in a sporting context.
- 5 Critically understand 'the self' and others as a result of participation in the module.

## **Learning Outcomes of Assessments**

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

3000 words	1	2	3	4	5
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## **Outline Syllabus**

*Theoretical perspectives of Counselling in sport.*

*Defining differences between counselling and other helping relationships.*

*Person-Centred Theory.*

*Listening skills and helping relationships with athletes.*

*The core conditions and power in the client-helper relationship.*

*Congruence: Theory and practical skills*

*Empathy: Theory and practical skills*

*UPR: Theory and practical skills.*

*Ethics and referrals in counselling practice.*

*Bad counselling: Getting it wrong.*

*Exploring wider therapeutic perspectives - psychoanalytical and existential approaches to practice.*

## **Learning Activities**

The delivery of this module involves lectures and engages the students in a series of interactive workshops and practicals to develop their knowledge and skills within counselling. These sessions also allow the students to discuss the application of the material to applied sport psychology / coaching practice. Students are expected to engage in wider theoretical and practical reading to develop their own learning / skill base and to complete the assessment tasks.

## **References**

<b>Course Material</b>	Book
<b>Author</b>	Egan, G.
<b>Publishing Year</b>	1998
<b>Title</b>	The skilled helper: A problem management approach to helping
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Brooks/Cole
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Hough, M.
<b>Publishing Year</b>	1996
<b>Title</b>	Counselling skills
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Longman
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Murphy, S.M.
<b>Publishing Year</b>	1995
<b>Title</b>	Sport psychology interventions
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Human kinetics
<b>ISBN</b>	

<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>	

<b>Course Material</b>	Book
<b>Author</b>	Nesti, M.
<b>Publishing Year</b>	2004
<b>Title</b>	Existential Psychology And Sport: Theory And Application
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	0415281423

<b>Course Material</b>	Book
<b>Author</b>	Hill, K.
<b>Publishing Year</b>	2001
<b>Title</b>	Frameworks for Sports Psychologists
<b>Subtitle</b>	
<b>Edition</b>	1st
<b>Publisher</b>	Human Kinetics
<b>ISBN</b>	

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## Notes

The module utilizes a experienced counsellor, trained specifically in person-centred therapy to provide students with knowledge and a critical understanding of contemporary counselling approaches and to develop practical expertise in associated skills within an interactive teaching environment. Following this Rogerian focus, a widening phase within the module extends the students' appreciation of other therapeutic perspectives, including psychoanalytical and existential approaches to practice.