

Liverpool John Moores University

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Title: PERFORMANCE AND DEVELOPMENT ISSUES IN SPORT PSYCHOLOGY
Status: Definitive
Code: **7034SPOSCI** (119831)
Version Start Date: 01-08-2013

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

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Academic Level: FHEQ7 **Credit Value:** 40.00 **Total Delivered Hours:** 50.00
Total Learning Hours: 400 **Private Study:** 350

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	40.000
Practical	10.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Oral		50.0	
Test	Test		50.0	

Aims

To critically evaluate and integrate current theoretical and methodological issues in Sport Psychology. An initial emphasis is placed on performance issues in Sport Psychology, related to Flow and Optimal Functioning and Stress, Anxiety and Coping. Perceptual-Cognitive expertise and the influence of anxiety on perceptual training is also explored from a Motor Behaviour perspective, alongside the teaching, practice and assessment of quantitative research methods used in experimental work. Development issues in Sport Psychology are then examined through a focus on identity, career transition and talent and organisational culture in sport. Motivation and Theories of Exercise Behaviour are also examined to explore development issues in a broader Exercise Psychology context. The module content also enables individual differences to be embedded and considered within the delivery.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current theoretical perspectives underpinning selected sport psychological concepts and their influence on sport performance.
- 2 Use and critically analyse selected motor performance concepts and quantitative research methods in generating experimental research.
- 3 Critically explore the synthesis between current athlete development issues relating to transition, identity and culture in sport.
- 4 Critically evaluate the current theories of exercise behaviour and their motivational determinants.

Learning Outcomes of Assessments

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

Oral presentation	1	3		
In-class test (seen)	1	2	3	4

Outline Syllabus

*Flow and Optimal Functioning
Stress, Anxiety and Coping
Perceptual-Cognitive Expertise
Anxiety and Perceptual-Training
Quantitative Research Methods and Analysis
Identity in Sport*

Career Transition
Talent and Culture Development
Motivation and Exercise Behaviour
Theories of Exercise Behaviour

Learning Activities

Students are expected to attend time-tabled sessions. Critical debate and discussion of the material presented will be a central feature, 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 two assessment tasks. The module also requires students to complete an experiment in the motor behaviour laboratory to engage them in the use of quantitative research methods, the data from which is written-up as part of the exam based assessment. Feedforward and formative feedback sessions are used within the module to prepare students for the summative assessments.

References

Notes

This module provides the opportunity to study contemporary topics in Sport Psychology from both a performance and development perspective. This is done through exposure to Sport, Motor Behaviour and Exercise oriented material, which enables the common focus on Performance and Development issues to be explored in different contexts. Topics are explored through a combination of interactive lectures, critical discussion and private study journal reading. The Motor Behavior block of material has also been specifically designed to expose students to the quantitative Research Methods that are salient to Sport Psychology, and to involve them in actively collecting, analysing and interpreting quantitative data in the discipline.