

Summary Information

Module Code	7134SPOSCI
Formal Module Title	Performance and Development Issues in Sport Psychology
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	40
Academic level	FHEQ Level 7
Grading Schema	50

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Joanne Butt	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Martin Littlewood	Yes	N/A
Martin Eubank	Yes	N/A
Francesca Champ	Yes	N/A
Joe Causer	Yes	N/A
Gillian Cook	Yes	N/A
Amy Whitehead	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	40
Practical	10

Module Offering(s)

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

Aims and Outcomes

Aims	The module aims to critically evaluate and integrate current theoretical issues in Sport Psychology. It provides the opportunity to study contemporary topics in Sport Psychology from both a performance and development perspective through exposure to Sport and Exercise oriented material.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate current theoretical perspectives underpinning selected sport psychology concepts and their influence on sport performance
MLO2	Critically evaluate research and evidence base of performance psychology constructs and how this translates into practical knowledge
MLO3	Critically explore the theory-to-applied synthesis within current athlete development issues of transition, identity, culture and motivation in sport.

Module Content

Outline Syllabus

In the first part of the module, an initial theory-to-practice emphasis is placed on performance issues in sport psychology, specifically related to the concepts of Stress, Anxiety, Mental Health, Motivation, Flow, Peak Experience and Optimal Functioning. In the second half of the module, development issues in sport psychology are examined through a focus on the concepts of transition and identity in sport culture from both an athlete and practitioner perspective. Motivation underpinning sport participation and exercise behaviour are also examined to explore development issues in a broader Sport and Exercise Psychology context.

Module Overview

This module invites you to study contemporary topics in Sport Psychology from a performance and development perspective. This enables performance and development issues to be explored in different contexts and also enables individual differences to be embedded and considered within the delivery.

Additional Information

The taught components of this module fulfil aspects of the Standards required of BPS accredited Stage 1 Masters programmes in Sport Psychology.

Assessments

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