

Liverpool John Moores University

Title: PERFORMANCE AND DEVELOPMENT ISSUES IN SPORT
PSYCHOLOGY
Status: Definitive
Code: **7134SPOSCI** (124265)
Version Start Date: 01-08-2021
Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Joanne Butt	Y
Gillian Cook	
Amy Whitehead	
David Tod	
Francesca Champ	
Joe Causer	
Paula Watson	
Martin Littlewood	
Mark Scott	
Martin Eubank	

Academic Level: FHEQ7 **Credit Value:** 40 **Total Delivered Hours:** 50
Total Learning Hours: 400 **Private Study:** 350

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	40
Practical	10

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Oral	Oral presentation	50	
Essay	Essay	Essay	50	

Aims

The module aims to critically evaluate and integrate current theoretical and methodological issues in Sport Psychology, and 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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current theoretical perspectives underpinning selected sport psychology concepts and their influence on sport performance.
- 2 Critically analyse and synthesise selected psychology of sport performance concepts and the quantitative research methods used in related experimental research.
- 3 Critically explore the theory-to-applied synthesis within current athlete development issues of transition, identity, culture and motivation in sport.

Learning Outcomes of Assessments

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

Individual presentation	3	
Essay	1	2

Outline Syllabus

Stress, anxiety and performance in sport

Flow, peak experience, optimal functioning, mindfulness and performance in sport

Quantitative research methods in experimental sport psychology: Critical appraisal in systematic reviewing

Quantitative research methods in experimental sport psychology: Experimental design, validity and reliability / significance testing and effect size

Quantitative research methods in experimental sport psychology: Representing, analysing and interpreting quantitative data.

Development theory in sport psychology

Athlete transition in sport

Identity, personal meaning and critical moments in sport culture

Practitioner identity and development

Motivation and behaviour change in sport and exercise settings

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 engage in the analysis and interpretation of quantitative research methods as part of the systematic review based assessment. Feedforward and formative feedback sessions are used within the module to prepare students for the summative assessments.

Notes

In the first part of the module an initial theoretical emphasis is placed on performance issues in sport psychology, specifically related to the concepts of Stress, Anxiety, Flow, Peak Experience, Optimal Functioning and Mindfulness. Following this, the module content enables knowledge and skills relating to Quantitative Research Methods relevant to Sport Psychology to be developed. Curriculum coverage of the quantitative research design and methods used in experimental sport psychology work represents another core component of the Standards required of BPS accredited Stage 1 Masters programmes in Sport Psychology. The module enables such research methods to be taught and practiced in a Sport Psychology, rather than generic, context, and involve them in actively analysing and interpreting quantitative data in the discipline. The theoretical and methodological content of this part of the module informs the task for assessment 1.

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. The content of this part of the module informs the task for the scientific abstract and individual conference presentation in assessment 2.