

Liverpool John Moores University

Title: FRAMEWORKS, APPROACHES AND SKILLS IN SPORT PSYCHOLOGY
Status: Definitive
Code: **7136SPOSCI** (124267)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 40 **Total Delivered Hours:** 50

Total Learning Hours: 400 **Private Study:** 350

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	40
Workshop	10

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Critique	Philosophy and frameworks essay	50	
Report	Report	Consultancy report	50	

Aims

The module aims to critically review the theoretical frameworks, approaches and skills relevant to Sport Psychology practice.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the philosophies and theoretical frameworks underpinning Sport Psychology practice.
- 2 Synthesise the underpinning theory and application of counselling and cognitive behavioural approaches salient to Sport Psychology and Exercise based intervention.
- 3 Critically discuss the underpinning theory and application of psycho-social processes that informs athlete development in individual, group and organisational settings.

Learning Outcomes of Assessments

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

Critique	1	
Consultancy report	2	3

Outline Syllabus

Frameworks, approaches, theories and skills for Sport Psychology practice.
Mental Skills Training and counselling for performance enhancement.
Counselling skills in action.
Behaviour change and physical activity counselling in exercise settings.
Cognitive Behavioural approaches and interventions for psychological development and performance enhancement.
Group and interpersonal processes: Organisational psychology, context and culture and impact on athlete development.
Well-being and performance in sport
Identity and applied sport psychology counselling.
Social and organisational processes in sports organisations.

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 its associated philosophies, approaches 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. Contemporary issues of consultancy philosophy / approach are explored and a critical understanding of contemporary counselling approaches, psychological skills training techniques, behaviour change strategies 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, group and organisational settings.

Notes

Consideration of salient Applied Sport Psychology frameworks and their impact on performance enhancement and athlete development will enable students to critically extend their appreciation of therapeutic perspectives, including cognitive behavioural, humanistic, psychoanalytical and existential approaches to practice and critically evaluate their impact and contribution. Students will also learn about the counselling and interpersonal skills that are relevant to sport psychology work. The theory-to-application underpinning mental training is explored, and specific psychological skills and strategies that assist the development of 'behaviour change' in both sport and exercise populations are reviewed. The social processes involved in working with groups and organizations are explored, with specific focus on the impact of organisational culture and interpersonal / social relationships on athlete development. The module content also enables individual differences to be embedded and considered throughout the delivery.