

Summary Information

Module Code	7136SPOSCI
Formal Module Title	Frameworks, Approaches and Skills 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
Martin Eubank	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Joe Causer	Yes	N/A
Joanne Butt	Yes	N/A
Martin Littlewood	Yes	N/A
Gillian Cook	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
Workshop	10

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

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

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate the philosophies and theoretical frameworks underpinning Sport Psychology practice.
MLO2	Discuss the underpinning theory and application of cognitive behavioural and counselling based approaches and skills salient to Sport Psychology and Exercise based intervention
MLO3	Discuss the underpinning theory and application of psycho-social processes that informs athlete development in individual, group and organisational settings.

Module Content

Outline Syllabus

Philosophy of practice, models/approaches

Cognitive behavioural approaches overview

Cognitive behavioural approaches: Stress management training

Cognitive behavioural approaches: REBT

Mindfulness

Needs supportive counselling

Organisational psychology and culture in team settings

Person centred approaches – humanistic

Existential approaches

Integrating approaches

Module Overview

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 and humanistic 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.

Additional Information

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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Report	Consultancy Report	50	0	MLO2, MLO3
Essay	Approaches Essay	50	0	MLO1, MLO2, MLO3