

## Liverpool John Moores University

Title: Psychology for Sport Coaching  
Status: Definitive  
Code: **7405SSLN** (124723)  
Version Start Date: 01-08-2021

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

Team	Leader
Amy Whitehead	Y

**Academic Level:** FHEQ7  
**Credit Value:** 20  
**Total Delivered Hours:** 21  
**Total Learning Hours:** 200  
**Private Study:** 179

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Online	15
Seminar	6

**Grading Basis:** 50 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Online presentation (20 Minutes)	50	
Report	AS2	Report (3,000 Word Equivalent)	50	

### Aims

*The module enables students to critically evaluate and integrate current contemporary sport psychology research and best practice into their coaching. An examination of current sport psychology literature develop a coherent understanding of issues associated with emotion, motivation, peak performance and motor skill development.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically debate the key principle of athlete assessment from a psychological perspective.
- 2 Critically analyse the relationship between psychological theories and athlete behaviour.

## Learning Outcomes of Assessments

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

AS1	1
AS2	2

## Outline Syllabus

*Current issues in stress & anxiety research*

*Current issues in competitive emotion research*

*Concepts in peak performance in sport*

*Flow, anxiety and optimal functioning*

*Current issues in peak experience, personal meaning and spiritual concepts in sport performance*

*Development of Expertise in Sport 1*

*Development of Expertise in Sport 2 Perceptual-Cognitive Expertise: From Testing to Training*

*Practice and Instruction*

## Learning Activities

Critical debate and discussion of the material and activities presented will be a central feature of the teaching sessions, where students will be required to think critically and contribute to the debate and enhance their own learning. Students should complete the required and recommended reading to widen their critical knowledge and understanding.

## Notes

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