

# Psychology for Sport Coaching

## Module Information

2022.01, Approved

### Summary Information

Module Code	7505SPOSCI
Formal Module Title	Psychology for Sport Coaching
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

### Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

### Partner Teaching Institution

Institution Name
Learning Works Limited

### Learning Methods

Learning Method Type	Hours
Online	11
Seminar	10

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-PAR	PAR	January	12 Weeks

## Aims and Outcomes

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 will develop a coherent understanding of issues associated with emotion, motivation, peak performance and reflective practice.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Critically debate the key principle of athlete assessment from a psychological perspective.
MLO2	2	Critically analyse the relationship between psychological theories and athlete behaviour.

## Module Content

Outline Syllabus	Psychological needs of athletes including specific circumstances e.g., injury, recovery. 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 including autonomy. Development of expertise in sport. Testing to training. Reflection on practice and instruction.
Module Overview	
Additional Information	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 will develop a coherent understanding of issues associated with emotion, motivation, peak performance and motor skill development.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Dissertation	Presentation	50	0	MLO1
Report	Report	50	0	MLO2

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Amy Whitehead	Yes	N/A

### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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