1. **Title of the module**

SPOR5690 (SS569) Sport and Exercise Psychology

1. **School or partner institution which will be responsible for management of the module**

School of Sport and Exercise Sciences

1. **The level of the module (Level 4, Level 5, Level 6 or Level 7)**

Level 5

1. **The number of credits and the ECTS value which the module represents**

15 credits (7.5 ECTS)

1. **Which term(s) the module is to be taught in (or other teaching pattern)**

Spring

1. **Prerequisite and co-requisite modules**

Prerequisite: SPOR3440 (SS344) Introduction to Sport and Exercise Psychology

1. **The programmes of study to which the module contributes**

BSc (Hons) Sport and Exercise Science

BSc (Hons) Sport and Exercise for Health

BA (Hons) Sport and Exercise Management

BA (Hons) Sport Management

MSport Sport Management

1. **The intended subject specific learning outcomes.
On successfully completing the module students will be able to:**
2. Discuss and apply psychological theories relating to sport and exercise
3. Discuss the influence of cognitive and social psychological factors that influence behaviour in a sport and exercise environment
4. Discuss the theoretical principles of sports and exercise psychology underpinning applied practice
5. Discuss and apply knowledge of psychological concepts to group and individual behaviour in sport and exercise environments
6. **The intended generic learning outcomes.
On successfully completing the module students will be able to:**
7. Demonstrate information technology: through the compilation of a written assignment (including word processing and internet searches).
8. Demonstrate communication and presentation skills – evidenced by the ability to communicate learning in coursework.
9. Demonstrate problem solving – achieved through the ability to interpret theoretical concepts appropriately.
10. Plan and manage learning - through completing self-directed study necessary to successfully meet the requirements for this module.
11. **A synopsis of the curriculum**

The module aims to provide students with knowledge and understanding of human responses and adaptations to sport and exercise. Using a psychological approach, students acquire knowledge and understanding of sport and exercise performance and exercise adherence to promote health. Lectures and seminars provide forums for discussion and understanding of cognitions, affect and behaviour and the complex interactions between these. A key module aim is to provide an understanding of the application of theory to real ‘applied’ situations within sport and exercise settings.

Topics include:
- Individual differences and personality
- Attributions and perceived control
- Exercise behaviour
- Motivation
- Emotions in sport
- Attention and focus
- Group dynamics
- Leadership
- Communication
- Goal setting
- Psychophysiology in sport and exercise

1. **Reading list (Indicative list, current at time of publication. Reading lists will be published annually)**

Andersen, M.B. (2000). *Doing Sport Psychology*. UK: Human Kinetics

Biddle, S.J.H. & Mutrie, N. (2006). *Psychology of physical activity determinants, well-being and interventions*. London: Routledge.

Buckworth, J. & Dishman, R.K. (2002). *Exercise psychology*. Champaign, IL: Human Kinetics.

Lavallee, D., Williams, J.M., & Jones, M.V. (2008). *Key readings in sport and exercise psychology*. New York: McGraw-Hill.

Taylor, J. & Wilson, G. (2005). *Applying sport psychology*. Champaign, IL: Human Kinetics.

Weinberg, R.S., & Gould, D. (2007). *Foundations of Sport and Exercise Psychology*. Champaign, IL: Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 24

Private study hours: 126

Total study hours: 150

1. **Assessment methods**
	1. Main assessment methods

Written coursework (2,750 words) (100%)

12.2 Reassessment methods

Like for Like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *8.4* | *8.5* | *8.6* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |  |  |  |
| **Private Study** | **X**  | **X**  | **X**  | **X**  | **X**  | **X**  | **X**  | **X**  | **X**  | **X**  |
| **Assessment method** |  |  |  |  |  |  |  |  |  |  |
| *Essay (2,750 words)* | **X**  | **X**  | **X** | **X** | **X**  | **X**  | **X**  | **X**  | **X**  | **X** |

1. **Inclusive module design**

The School recognises and has embedded the expectations of current equality legislation, by ensuring that the module is as accessible as possible by design. Additional alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services.

The inclusive practices in the guidance (see Annex B Appendix A) have been considered in order to support all students in the following areas:

a) Accessible resources and curriculum

b) Learning, teaching and assessment methods

1. **Campus(es) or centre(s) where module will be delivered**

Canterbury

1. **Internationalisation**

Sport and Exercise Psychology is an international subject and the primary research upon which students must draw for this module will be from researchers and authors worldwide. The applications of psychology to sport and exercise have international appeal and importance given the global appeal and media attention that sport and fitness receive. Students are directed to research studies published in International journals to support their learning, and the development of their essay.

**FACULTIES SUPPORT OFFICE USE ONLY**

**Revision record – all revisions must be recorded in the grid and full details of the change retained in the appropriate committee records.**

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| --- | --- | --- | --- | --- |
| Date approved | Major/minor revision | Start date of the delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |

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Revised FSO Feb 2018