1. **Title of the module**

SPOR3440 (SS344) Introduction to 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 4

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)**

Autumn

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

None

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

MSci Applied Sport and Exercise Science

MSport Sport Management

1. **The intended subject specific learning outcomes.  
   On successfully completing the module students will be able to:**
   1. Demonstrate knowledge of psychological theories relating to sport and exercise
   2. Discuss how cognitive and social psychological factors can influence behaviour in a sport and exercise environment
   3. Demonstrate knowledge of group and individual behaviour in sport and exercise environments
2. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**
   1. Demonstrate communication and presentation skills.
   2. Demonstrate interactive and group work skills.
   3. Demonstrate the ability to plan and manage learning skills.
3. **A synopsis of the curriculum**

This module provides students with an introduction to sport and exercise psychology. This includes the learning and performance process, as well as approaches and responses to various sport and exercise situations. Indicative content includes:

* Sport and Exercise Psychology in Action
* Motor Learning and Performance
* Feedback
* Attention and Concentration
* Personality and Individual Differences
* Motivation
* Self-Confidence and Self-Efficacy
* Arousal, Stress and Anxiety
* Group and Team Dynamics

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

Gill, D.L. and Williams, L. (2008). Psychological dynamics of sport and exercise. Champaign, IL: Human Kinetics.

Schmidt, R.A. and Wrisberg, C.A. (2008). Motor learning and performance. Champaign, IL: Human Kinetics.

Weinberg, R.S. and Gould, D. (2015) Foundations of Sport & Exercise Psychology. Champaign, IL: Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 20

Private study hours: 130

Total study hours: 150

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

In-class test – 20% (45 minutes)

Examination – 80% (2 hours)

12.2 Reassessment methods

100% examination

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* | *9.1* | *9.2* | *9.3* |
| **Learning/ teaching method** |  |  |  |  |  |  |
| **Private Study** | **X** | **X** | **X** | **X** | **X** | **X** |
| *Lecture* | **x** | **x** | **x** | **x** | **x** | **x** |
| *Seminar* | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |
| *In course test* | **x** | **x** | **x** |  |  | **x** |
| *Exam* | **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**

Medway

1. **Internationalisation**

Sport and exercise psychology is part of many sport and exercise programmes across the world. This module draws on internationally recognised research and theories. In compiling the reading list, consideration has been given to the range of texts that have an international focus. Examples covering various developments from internationally recognised sport and exercise psychology researchers are included in the module where appropriate. Throughout the module there is an inclusion of a wide range of international sport and exercise examples. The module also includes members of staff with international experience.

**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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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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| --- | --- | --- | --- | --- |
| 07/06/17 | Major | September 2017 | 7, 10, 12, 13 | No |
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Revised FSO Feb 2018