

MODULE DESCRIPTOR

MODULE TITLE	MIND GAMES: TOPICS IN SPORT AND EXERCISE PSYCHOLOGY		
MODULE CODE	PS1690 (L4)	CREDIT VALUE	10 CREDITS / 5 ECTS
CAMPUS	UCLAN CYPRUS		
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

The aim of this module is to provide a basic grounding in both pure and applied sport psychology.

MODULE CONTENT

The module will introduce psychology and its methods in relation to the sporting context. It will cover pure and applied aspects of the major contemporary issues including: perception and action; motor learning and control; mental rehearsal; attention (focus); sport motivation; emotion in sport; anxiety and performance; personality; the psychology of groups/teams; aggression; social loafing; social facilitation; mental toughness pre-shot routines; confidence building; anxiety control; concentration.

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:	
1.	Define, identify and describe the major research methods employed in sport psychology.
2.	Define, identify and describe key concepts, research and issues in sport psychology.
3.	Describe and discuss how psychological principles can be applied to sport settings.

TEACHING METHODS

Teaching will be delivered by a series of two-hour lectures. The assessment is a series of short answer and multiple choice, online, coursework-based assessments.

ASSESSMENT METHODS

The module is assessed through a Series of short notes assignments.