

MODULE DESCRIPTOR

MODULE TITLE	Sport & Exercise Psychology		
MODULE CODE	XS2003 (L5)	CREDIT VALUE	20 / 10 ECTS
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

The aim of this module is to build on the psychological foundation laid in year one and to provide a broad coverage of the central issues in sport psychology.

MODULE CONTENT

Indicative content includes:

- Imagery and performance
- Attention, Nideffer's theory of attentional style, measuring attentional style.
- Motor control, motor learning, interceptive action.
- Sport and personality, credulous-sceptical argument, gravitational hypothesis.
- Mood measurement, mood and performance.
- Anxiety measurement.
- Injury rehabilitation, pain, coping with injury.
- Achievement motivation, intrinsic motivation, cognitive evaluation theory, mastery, efficacy theory, motivational orientation, goal setting.
- Attribution, social facilitation, social loafing, group cohesiveness, leadership.
- Home advantage.
- Aggression.
- Exercise psychology, benefits-disadvantages, adherence, addiction, over-training and burnout.

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Define, identify and describe how psychological theory and practice have informed or influenced a wide range of sport topics and issues.
2. Design, implement and critique an empirical investigation in sport psychology

TEACHING METHODS

The course will be delivered by lectures, online seminars, and laboratory sessions. The order of the sessions and the content are designed to take on Board Bloom's taxonomy of learning. Developing knowledge of the area through lectures that are blocked into themes and supported with online sessions and seminars to enhance understanding and allow the application of the knowledge. Lab sessions are held back toward the later part of the delivery to allow students to reach a stage to be able to analyse what they have learnt. The later lectures will allow synthesis to occur in preparation for the evaluation occurring. The assessments test students' broad understanding of material, and more depth of understanding through a piece of written coursework

ASSESSMENT METHODS

This module is assessed through an examination (50%) and a written lab report (50%).