

MODULE DESCRIPTOR

MODULE TITLE	INTRODUCTION TO PSYCHOLOGY IN SPORT & EXERCISE		
MODULE CODE	XS1003 (L4)	CREDIT VALUE	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE AIMS

The aims of the module are to:

- Introduce students to relevant aspects of the parent discipline of psychology.
- Provide a solid foundation on which to base the study of sport and exercise psychology.

MODULE CONTENT

Indicative syllabus content:

This module will provide an introduction to contemporary topics within sport and exercise psychology, with a focus on both the theoretical and applied nature of sport and exercise psychology. Topics covered will typically include:

- Interventions in sport and exercise psychology
- Significance of interpersonal relationships in sport
- Motor learning and control
- Sport motivation
- The psychology of groups/teams
- Aggression
- Social loafing
- Social facilitation
- Confidence building

Additional material will also be contained in the associated laboratory and workshop programme.

INTENDED LEARNING OUTCOMES

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

1. Define, identify and describe the basic principles of psychology and recognise how these principles relate to sport and exercise contexts.
2. Explain and evaluate a basic empirical study through the completion of a report written in an appropriate scientific style.

TEACHING METHODS

Teaching will be delivered by a series of lectures, workshops, and laboratory practicals.

ASSESSMENT METHODS

This module is assessed through a series of short notes assignments and a laboratory report.