

MODULE DESCRIPTOR

MODULE TITLE	Theory and Practice in Sport Psychology		
MODULE CODE	XS3004	CREDIT VALUE	20 / 10 ECTS
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

1. To develop an understanding of theories of achievement motivation employed in sport psychology.
2. To develop an understanding of the application of cognitive psychology in sport.
3. To give students an opportunity to discover how psychology can be applied to the enhancement of sporting performance.

MODULE CONTENT

Content will typically include but not limited to:

- Motivational orientation.
- Attribution theory and motivation in sport.
- Self-determination theory, intrinsic and extrinsic motivation in sport.
- Self-efficacy, confidence and motivation in sport.
- Goal setting and its application within the sporting context.
- Attention and action in sport.
- Vision and action in sport.
- Perception and action in sport
- Motor learning and control.
- Psychological intervention strategies in sport
- Ethical and practical issues in applied sport psychology

INTENDED LEARNING OUTCOMES

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

1. Apply research strategies to retrieve, select and present relevant information in an appropriate style
2. Critically evaluate psychological intervention strategies employed in sport.
3. Critically discuss the issues that relate to the application of theories of human motivation in the sporting context
4. Critically evaluate the applications of psychological research on motor control and learning to sporting performance.

TEACHING METHODS

A range of sport psychology topics are covered by lectures and directed reading, these are delivered by a range of staff with expertise in a specific area of sport psychology research. An 'independent learning' topic is introduced to students as part of the lecture series, but developed through independent study, with the support of reading lists and tutor guidance. Students work in groups to produce a review of a key research article linked to the independent learning topic, these reviews are then collated and presented to students as a revision tool for a seen essay exam question based on the independent learning topic. Students select one further unseen essay exam question from a choice of four from other lectures on the module. The second assessment on the module is a poster presentation. Students select a case study in sport, and develop an appropriate psychological intervention for the chosen case. This involves a critical review of relevant psychological literature and creation of an evidence based psychological intervention. The proposed intervention is presented as a poster to staff and students on the course. Staff provide guidance in lectures on psychological interventions in sport, and on creating posters.

ASSESSMENT METHODS

This module is assessed through a Poster (100%).

