

Module Specification

Module Summary Information

1	Module Title	Psychosocial aspects of physical activity
2	Module Credits	20
3	Module Level	6
4	Module Code	SPE6001

5	Module Overview
<p>Within this module students will learn about a range of psychological and theoretical frameworks which support physical activity behaviours. Key principles promoting a healthy and physically active lifestyle from a psychological and practical perspective will be taught.</p> <p>This module is underpinned by the need, as a developing PE and school sport practitioner, to be aware of the wide range of psychological influences present when working within a PE and school sport environment. The range of teaching theories will be applied in practice so that students are able to experience and apply theory in real-life situations. This will provide the opportunity to reflect on best practice when completing work placement modules.</p> <p>The evidence base for this module draws upon engagement with current psychological theories and contemporary literature relating to the promotion of a physical and healthy, active lifestyle.</p> <p>Within this module students will develop knowledge and understanding of how psychological theories can help support health-related behaviours. Through a combination of lectures, seminars and practical sessions, students will observe and gather essential knowledge in a practice-led, knowledge-applied environment.</p> <p>Students will be taught through a range of lectures and workshops. These taught sessions will inter-relate to practical sessions where theory and knowledge learnt will be applied. Content which is taught across the module may be applied in future work placement modules. This enables the application of taught theory to a working environment.</p>	

6	Indicative Content
<ul style="list-style-type: none"> • Attitude • Motivation • Attribution • Aggression and Assertion • Cohesion • Leadership • Social facilitation • Goal setting • Self-confidence and self-efficacy • Trait and state theory • Anxiety management 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Critically discuss the range of psychological influences affecting physical activity.
	2	Identify how different psychological factors can facilitate or inhibit a physically active lifestyle.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 2		x	

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	46	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	72	
Private Study (PS) includes preparation for exams	82	
Total Study Hours:	200	