

Module Specification

Module Summary Information

1	Module Title	Sport and Exercise Psychology
2	Module Credits	20
3	Module Level	5
4	Module Code	SPX5003

5	Module Overview
<p>Aims and Rationale</p> <p>This module aims to develop your knowledge of the most common psychological processes in sport and exercise and will help you recognise situations where psychological frameworks may be useful in sport and exercise.</p> <p>The teaching team will use case studies to highlight the most common areas of sport and exercise research related to the topics above. This approach aims to do two things. Firstly, it will stimulate your interest in understanding and moving towards solutions to specific issues, and secondly, it will help you see how psychological perspectives can be applied in real-life, practical situations. The interpretation of the case studies will illustrate what psychologists call ‘interventions’ – a set of techniques used to develop the psychological skills required by athletes and exercisers.</p> <p>Delivery of this module is based on the current literature and evidence base for sport and exercise psychology. Within this module, you will be asked to access current research based on high quality peer-reviewed sources. The module reading list includes appropriate texts and peer reviewed research articles.</p> <p>This module will comprise of a number of approaches to learning. The primary learning mode of this module will be via blended learning, complemented with online weekly lectures, and some face to face lectures spread throughout the module. Face to Face seminars will be provided at regular intervals throughout the module to support your practice and provide formative feedback and these will be supported by an extensive range of online resources via Moodle. This type of blended learning engagement will not only increase your access to learning but also promotes numerous interrelated skills including digital literacy.</p> <p>You will need to spend at least 200 hours of study time on this module. This module is a blended learning module using technology enhanced module.</p>	

6	Indicative Content
<ul style="list-style-type: none"> • Stress, anxiety and arousal • Self-confidence and self-efficacy • Group dynamics • Psychological issues and athletic injury • Psychological skills training • Exercise and mental health • Exercise dependence and body image • Adherence and behaviour change 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Explain how psychological theories and research are applied in different sport/exercise contexts.
	2	Justify proposed psychological skills interventions using evidence in support of claims.
	3	Select and integrate ideas and evidence to develop an argument related to sport and exercise psychology.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 3	X	X	
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	34	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	69	
Private Study (PS) includes preparation for exams	97	
Total Study Hours:	200	