

Module Specification

Module Summary Information

1	Module Title	Psychological Perspectives of Athletic Development
2	Module Credits	20
3	Module Level	6
4	Module Code	SPX6003

5	Module Overview
<p>This module aims to further develop your understanding of the psychological aspects of development and progress in sport. The module also explores the various ways this topic is researched. The underlying aim of the module is to contribute to your development as a more thoughtful and effective sport scientist. It will equip you with a range of strategies and tools for investigating the psychological aspects of athletic development.</p> <p>The teaching team will use case studies similar to the approach in Sport and Exercise Psychology at Level 5, in order to highlight the most common areas of sport and exercise topics and research related to athlete development. 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 specific to athletic development.</p> <p>The module is underpinned by continuing to develop your understanding of the discipline of sport and exercise psychology and hence builds on the topics covered at level 5 in Sport and Exercise Psychology. However the focus is specifically on the areas related to athletic development (i.e., family issues and career transitions) and not introductory sport and exercise psychology topics (e.g., anxiety, self-confidence, cohesion). It will also complement further studies in exercise referral and behaviour change also at level 6.</p> <p>Delivery of this module is based on the current literature and evidence base for sport and exercise psychology, and more specifically athlete development areas of family influences and career transitions. 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 blended learning using technology enhanced learning strategies, online lectures, and face to face teaching activities. Face to Face sessions at regular intervals throughout the module will support your practice and provide formative assessment opportunities and these sessions will be supported by an extensive range of online resources via Moodle. This type of 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 and hence much of the content is self-directed via technology enhanced learning.</p>	

6	Indicative Content
	<ul style="list-style-type: none"> • Athletic development paths • Family influences on athletic development • Coach-Athlete relationships • Effective coaching behaviours • The athlete's journey through sport

7		Module Learning Outcomes
On successful completion of the module, students will be able to:		
	1	Explain the athletic, psychological, psychosocial, academic/vocational, and physical aspects of athletic development and how they combine to influence transitions in sport.
	2	Critique the different approaches to research and data analysis that informs knowledge of athletic career paths and the psychological characteristics of development in sport.
	3	Appraise the environmental, mental, and interpersonal influences that interact to influence the athletic development process.
	4	Appraise the main literature that informs knowledge of athletic career paths and the psychological characteristics of development in sport.

8				Module Assessment
Learning Outcome				
		Coursework	Exam	In-Person
1, 3, 4				X
2, 4		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	