

## MODULE DESCRIPTOR

<b>Module Title</b>	Sport Psychology 1
<b>Course Title</b>	BSc Sports Coaching and Analysis BSc Sport and Exercise Science
<b>School</b>	<input checked="" type="checkbox"/> ASC <input type="checkbox"/> ACI <input type="checkbox"/> BEA <input type="checkbox"/> BUS <input type="checkbox"/> ENG <input type="checkbox"/> HSC <input type="checkbox"/> LSS
<b>Division</b>	Human Sciences
<b>Parent Course (if applicable)</b>	
<b>Level</b>	4
<b>Module Code (showing level)</b>	ASC_4_405
<b>JACS Code (completed by the QA)</b>	
<b>Credit Value</b>	20 credit points
<b>Student Study Hours</b>	Contact Hours: 36 Student Managed Learning: 164
<b>Pre-requisite Learning</b>	None
<b>Co-requisites</b>	None
<b>Excluded combinations</b>	None
<b>Module co-ordinator</b>	Name: Dr Nadia Gaoua  Email:gaouan@lsbu.ac.uk
<b>Short Description (max. 100 words)</b>	This module will introduce different approaches of psychology and the study of the psychological aspects in exercise and performance. It will cover some theoretical approaches and methods of scientific enquiry. Also, it will include the application of psychological methods in the development and optimisation of sports performance and exercise participation. Work on this module will provide many examples of sport and exercise psychology in action.
<b>Aims</b>	The aims of this module are: <ol style="list-style-type: none"> <li>1. To familiarise students with the nature and scope of psychology and sports psychology, their methods of enquiry and experimentation.</li> <li>2. To develop an understanding of the psychological antecedents and consequences of exercise participation and optimal sport performance.</li> <li>3. To familiarise students with the theoretical approaches and build the link with the intervention strategies used in sport and exercise psychology.</li> </ol>

<b>Learning Outcomes (4 to 6 outcomes)</b>	<ol style="list-style-type: none"> <li>1. Understand the theories used in different topics in sport and exercise psychology.</li> <li>2. Relate theory to practice.</li> <li>3. Problem solving</li> <li>4. Constructive discussions</li> <li>5. Oral and written communication skills</li> <li>6. Presentation skills</li> </ol>
<b>Employability</b>	The module is designed to give the students basic understanding of contemporary theory, research and practice of sport and exercise psychology. This will enable them to have a clear understanding of sport psychology strategies across varied contexts.
<b>Teaching and learning pattern</b>	Contact hours includes the following: (please click on the checkboxes as appropriate) <input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group Work: <input type="checkbox"/> Seminars <input checked="" type="checkbox"/> Tutorial: <input type="checkbox"/> Laboratory <input checked="" type="checkbox"/> Workshops <input type="checkbox"/> Practical <input checked="" type="checkbox"/> VLE Activities
<b>Indicative content</b>	Theoretical approaches to sport and exercise psychology. Biological Psychology Examples of topics in applied sport psychology.
<b>Assessment method (Please give details – of components, weightings, sequence of components, final component)</b>	Formative assessment: Task sheets completed individually by students on a topic related to sport and exercise psychology.  Summative assessment: Group Presentation (100% Coursework).
<b>Mode of resit assessment (if applicable)</b>	Formative assessment: As Above Summative assessment: Submit presentation slides.
<b>Indicative Sources (Reading lists)</b>	Core materials: Weinberg and Gould. <i>Foundations of Sport and Exercise Psychology (6th edition)</i> . Human Kinetics Europe Ltd, 2014.  Rosenzweig, Leiman, and Watson. <i>Biological Psychology</i> . Sinauer Associates Inc, 2004  Burton and Raedeke. <i>Sport Psychology for coaches</i> . Human Kinetics Europe Ltd, 2008
<b>Other Learning Resources</b>	VLE