

SPOR H8014: Exercise and Sports Psychology

Module Details	
Module Code:	SPOR H8014
Full Title:	Exercise and Sports Psychology APPROVED
Valid From::	Semester 1 - 2019/20 (June 2019)
Language of Instruction:	English
Duration:	1 Semester
Credits::	5
Module Owner::	Moirá Maguire
Departments:	Unknown
Module Description:	no description provided

Module Learning Outcome	
On successful completion of this module the learner will be able to:	
#	Module Learning Outcome Description
MLO1	Explain the relationship between arousal and performance in sport and exercise
MLO2	Discuss the role of attention and motivation in athletic skill development and performance
MLO3	Evaluate the role of self-efficacy in performance
MLO4	Identify appropriate psychological techniques that can be used to promote performance
MLO5	Apply psychological techniques and strategies to inform athletic training.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is strongly recommended before enrolment in this module. You may enrol in this module if you have not acquired the recommended learning but you will have considerable difficulty in passing (i.e. achieving the learning outcomes of) the module. While the prior learning is expressed as named DkIT module(s) it also allows for learning (in another module or modules) which is equivalent to the learning specified in the named module(s).</i>	
No recommendations listed	

Module Indicative Content
Arousal Arousal, anxiety, stress, relationship between arousal and performance, individual differences.
Attention Attention and information processing, selective attention, distraction, attention and athletic performance.
Motivation and performance Intrinsic and extrinsic motivation, Self-determination theory, motives, achievement motivation. Self-efficacy: Sources of self-efficacy, relationships between self-efficacy, motivation and performance, promoting self-efficacy.
Applying psychology to enhance training and performance. Goal setting, imagery, relaxation, feedback, Motor skill acquisition, reinforcement, feedback, practice schedules.

Module Assessment	
Assessment Breakdown	%
Course Work	30.00%
Project	70.00%
Module Special Regulation	

Assessments

Full Time On Campus			
Course Work			
Assessment Type	Class Test	% of Total Mark	30
Marks Out Of	100	Pass Mark	40
Timing	n/a	Learning Outcome	1,4,5
Duration in minutes	60		
Assessment Description			
Multiple-choice test			
Project			
Assessment Type	Group Project	% of Total Mark	70
Marks Out Of	100	Pass Mark	40
Timing	End-of-Semester	Learning Outcome	2,3,4,5
Duration in minutes	0		
Assessment Description			
Students will conduct an individual project that will offer them the opportunity to apply psychology to authentic athletic issues and situations.			
No Practical			
No Final Examination			

Part Time On Campus			
Course Work			
Assessment Type	Class Test	% of Total Mark	30
Marks Out Of	0	Pass Mark	0
Timing	n/a	Learning Outcome	1,4,5
Duration in minutes	0		
Assessment Description			
Multiple-choice test			
Project			
Assessment Type	Group Project	% of Total Mark	70
Marks Out Of	0	Pass Mark	0
Timing	End-of-Semester	Learning Outcome	2,3,4,5
Duration in minutes	0		
Assessment Description			
Students will conduct an individual project that will offer them the opportunity to apply psychology to authentic athletic issues and situations.			
No Practical			
No Final Examination			
Reassessment Requirement			
No repeat examination			
Reassessment of this module will be offered solely on the basis of coursework and a repeat examination will not be offered.			
Reassessment Description			
The MCQ is recoverable			

Module Workload

Workload: Full Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	No Description	Every Week	2.00	2
Tutorial	Contact	No Description	Every Week	1.00	1
Directed Reading	Non Contact	No Description	Every Week	2.00	2
Independent Study	Non Contact	No Description	Every Week	3.00	3
Total Weekly Learner Workload					8.00
Total Weekly Contact Hours					3.00

Workload: Part Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	No Description	Every Week	2.00	2
Tutorial	Contact	No Description	Every Week	1.00	1
Directed Reading	Non Contact	No Description	Every Week	2.00	2
Independent Study	Non Contact	No Description	Every Week	3.00	3
Total Weekly Learner Workload					8.00
Total Weekly Contact Hours					3.00

Module Resources
<i>Recommended Book Resources</i>
<p>Cohen, R.. (2016), Sports Psychology: The Basics. Optimising human performance., Bloomsbury Sport, London, [ISBN: 978-140817209].</p> <p>Gregory, G., H. & N. Travis Triplett (eds). (2015), Essentials of strength training and conditioning., 4th. 8, Human Kinetics, [ISBN: 13: 978149250].</p> <p>Kremer, J., Moran, A. & Kearney. C.J. (2019), Pure Sport: Sports Psychology in Action, 3rd. Routledge, London, [ISBN: 978-113848406].</p>
<i>Supplementary Book Resources</i>
<p>Biddle, S., Mutrie, N. & Gorely, T.. (2015), Psychology of physical activity: Determinants, wellbeing and interventions., 3rd. Routledge, London, [ISBN: 978-041551818].</p> <p>Cotterill, S., Weston, N. & Breslin, G.. (2016), Sport and Exercise Psychology: Practitioner Case Studies, Wiley Blackwell, Chicester, [ISBN: 978-111868654].</p> <p>Moran, A. & Toner, J.. (2017), A critical introduction to Sport Psychology, 3rd. Psychology Press, New York, [ISBN: 978-113899996].</p> <p>Turner, M. & Barker, J. (2014), Tipping the balance: The mental skills handbook for athletes., Bennion Kearny Ltd., Staffordshire, [ISBN: 1909125938].</p>
<i>This module does not have any article/paper resources</i>
<i>Other Resources</i>
<p>Website, Markland, D.. Exercise Motivation Measurement Website, University of Bangor, http://selfdeterminationtheory.org/</p> <p>Website, Self-determination Theory Website, http://selfdeterminationtheory.org/</p>