

Module title	PSYCHOLOGY OF SPORTS PERFORMANCE
Level	Level 4
Reference No.	EAA_4_720
Credit Value	15 CAT points
Student Study Hours	Total learning hours: 150 Contact hours: 36 Student managed learning hours: 114
Pre-requisite Learning	None
Co-requisites	None
Excluded	None
Combinations	
Module Coordinator	Jade Mountain
Faculty/Department	ESBE/Applied Science (Kingston College)
Subject Area	Human and Sport Sciences
Short Description	This module introduces specific psychological phenomena that relate to, and affect sporting performance. The content also covers strategies that can be practically applied to enhance athletes' focus and success and enhance performance. Particular aspects include cognitive techniques to improve performance, arousal and stress, personality and motivation.
Aims	<ol style="list-style-type: none"> 1. To familiarise students with psychological concepts and applications. 2. To introduce and provide knowledge of underlying theories and basic psychological skills.
Learning Outcomes	<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • Analyse the psychological factors related to optimal sport performance. • Evaluate theories in sport psychology and appreciate their application in order to understand sports performance. • Demonstrate knowledge and application of psychological skills and model (including, but not limited to imagery and goal setting). <p>Intellectual Skills</p> <ul style="list-style-type: none"> • This module will develop the students' ability to analyse and critique psychological assessment methods. • Their verbal communication skills will be enhanced through group discussions. • The assessments will serve to develop written communication skills and organisational skills. <p>Transferable Skills</p> <ul style="list-style-type: none"> • Students will have the opportunity to develop both written and verbal communication skills throughout the unit. • They will work individually and in groups and will be able to increase teamwork and self-reliance. • This module will develop students' ability to analyse and critique recognised psychological theories. • The assessments will serve to develop written communication skills and the use of reasoning, and theoretical appreciation and critique.
Employability	Successful sports coaching means understanding that performance is about being mentally and physically prepared. Potential barriers to enhanced performance can be cognitive and successful sports coaches must be able to

increase athletes' cognitive and physical function if they are to be successful.

Teaching and Learning Pattern

Formal lectures will underpin this module; however, considerable emphasis will be on student-led debate and discussion. Teaching strategies employed within this module require students to synthesise and apply knowledge provided in lectures in order to develop a coherent understanding of contemporary and historical sports psychology themes and concepts. A variety of teaching resources will be utilised depending upon the subject being considered.

Indicative content

- Personality and personality profiling.
- Motivation and achievement.
- Attribution and reattribution.
- Self-efficacy and confidence.
- Choking.
- Goal setting.
- Mental techniques to improve performance.
- Arousal, anxiety, stress and the pressure of competition.
- Social facilitation.
- Aggression.
- Coping with adversity: injury and burnout.

Assessments Elements and Weighting

1. Coursework (50%): coursework (client video presentation).
2. Examination (50%).

Indicative sources

Recommended material

Cashmore, E. (2002). *Sport Psychology: The Key Concepts*. London: Routledge.

Cox, R. (2011). *Sport Psychology: Concepts and Applications*. (7th Ed). USA: McGraw-Hill.

Jarvis, M. (1999). *Sport Psychology*. London: Routledge.

Cockerill, I. (2002). *Solutions in Sport Psychology*. London: Thomson.

Hardy, L., Jones, G., & Gould, D. (1996). *Understanding psychological preparation for sport: Theory and practice of elite performers*. Chichester: Wiley-Blackwell.

Thatcher, J., Day, M. And Rahman, R. (2011). *Sport and Exercise Psychology*. Exeter: Learning Matters Ltd.

Weinberg, R. & Gould, D. (2006). *Foundations of Sport and Exercise Psychology* (4th Ed.). Champaign, Ill: Human Kinetics.

Attendance

Minimum attendance should exceed 80% of all sessions.