

Module Title	<b>Sport Psychology 2</b>
Level	Level 5
Reference No.	ASC_5_424
Credit Value	20 CAT Points
Student Study Hours	Total Learning Hours: 200 Contact Hours: 36 Student Managed Learning: 164
Pre-requisite learning	Sport Psychology 1
Co-requisites	None
Excluded Combinations	None
Module Coordinators	Dr Nadia Gaoua
School/Division	Applied Sciences/Human sciences
Short Description	This module is intended to develop student understanding of Sport and Exercise Psychology. The module has been designed to advance student's knowledge of theory and practice in the psychological preparation of sport performers, and as such will integrate the notions of research informing practice and practical experience informing research.
Aims	The aims of this module are to: <ol style="list-style-type: none"> <li>1. Provide a progressive and challenging programme of study that is informed by research and scholarly activity and meets the needs of the profession of sport psychology.</li> <li>2. Initiate, design, conduct with appropriate supervision, and report an ethical empirical research project on a topic within Sport and Exercise Psychology, and recognise its methodological and ethical limits.</li> </ol>
Learning Outcomes	On completion of the module students will be able to: <ol style="list-style-type: none"> <li>1. Discuss a range of theoretical perspectives in different areas of sport and exercise psychology</li> <li>2. Develop a scientific understanding of measurement and evaluation procedures in sport psychology</li> <li>3. Evaluate past research on the psychological antecedents and consequences of sport performance</li> <li>4. Develop and run research in sport psychology</li> </ol>
Employability	The module is designed to give the students a good understanding of contemporary theory, research and practice of sport and exercise

	psychology. This will enable them to be effective providers of sport psychology strategies across varied contexts.
Teaching & Learning Pattern	Seminar and workshop activities in which students can explore ideas in more depth and contribute to, and benefit from, peer learning will be used in this module. In addition, students are expected to cover substantive course content through their own directed reading.
Indicative Content	Issues such as anxiety, stress, coping, self-efficacy, aggression and violence, mental fatigue and performance, attribution perspectives and group dynamics can be covered in this module. One or two topics will be chosen to develop the research project(s) run throughout this module.
Assessments <i>Elements and Weightings</i>	Students will be required to run a small research project in sport and exercise psychology. The assessment will be a 2000 word written research report or poster/PowerPoint presentation of this investigation. The students will be expected to carry out appropriate statistical analysis of the data and write up a report or presentation in a scientifically rigorous style (100%). The Use of qualitative analysis of data will be encouraged.
Indicative Sources	Recommended Manuals: Weinberg and Gould. <i>Foundations of Sport and Exercise Psychology (6th edition)</i> . Human Kinetics Europe Ltd, 2014.  Burton and Raedeke. <i>Sport Psychology for coaches</i> . Human Kinetics Europe Ltd, 2008 Recommended <u>sport and exercise science</u> journals to support this module are: <i>Journal of Sport and Exercise Psychology</i> (1979-present)* <i>Research Quarterly for Exercise and Sport</i> (1929-present)* <i>Journal of Applied Sport Psychology</i> (1989-present)* <i>International Journal of Sport Psychology</i> (1970-present) <i>International Journal of Sport and Exercise Psychology</i> (2003-present)* <i>Journal of Sports Sciences</i> (1982-present)* <i>Psychology of Sport and Exercise</i> (2000-present)* <i>The Sport Psychologist</i> (1986-present)* <i>International Review of Sport and Exercise Psychology</i> (2008-present) <i>Journal of Clinical Sport Psychology</i> (2007-present)* <i>Qualitative Research in Sport and Exercise</i> (2009-present)*