### Psychology of Sport and Exercise

**Module Code**
POSE

**NQF level:**
6

**Credit Value**
15

**Study duration:**
9 weeks

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**Module description:**
Here students will explore how psychologists deliver successful performance by examining the cognitive and emotional influences on performance management in sport and exercise. Students will study a range of different examples drawn from exercise participation in the general population up to performance as an elite athlete. Topics include theories of motivation, self-regulation, goal setting, aspects of personal development and recovery after injury are explored. Students will develop basic skills in peer to peer coaching applying the theories and techniques of sports and exercise psychology and learning from their shared experiences.

**This module aims to:**
- develop students’ knowledge of the key principles and theories of performance management in sport and exercise;
- develop students’ critical thinking on the role that non-cognitive factors play in sports and exercise psychology;
- develop students’ basic skills in sports and exercise coaching.

**Syllabus**
- Motivation and exercise
- Exercise and mood
- Goal setting and self-regulation
- Non-cognitive factors influencing performance (self-esteem, stress, anxiety)
- Self-talk
- Recovery after injury
- Ethics, aggression and performance in sport
- Peak performance and mental preparation
- Coaching

**Learning and teaching methods**
The pedagogical approach for this module is informed through the principles of collaborative enquiry, constructionism and scientific apprenticeship. Collaborative enquiry is supported through our internet-mediated learning platform the aim of which is to develop a learning community that supports dialogue and collaboration between students through online peer discussion and debate to construct a unique learning experience which will enhance their subject understanding through social interactions which empowers them to explain their understandings, receive feedback from tutors and peers. Learning through scientific apprenticeship will take place through the scientist-practitioner model whereby students will be required to apply the principles of science to solving a problem in a scientific context.

Teaching will be delivered through the provision of specified reading materials that will be provided on the UoEO Learning Platform, and will be supported by specified discussion forums, pre-recorded lecturecasts and biweekly online question and answer sessions (using synchronous communication software and application sharing facility). Students will be provided with indicative guidance on, and encouraged to look at relevant websites which are appropriate to the learning outcomes, and to identify and share appropriate web-based resources (as learning support references) with their fellow students. The pre-recorded lecturecasts and the online question and answer sessions will include referenced use of selected case studies which will be drawn from the reading materials and the practice-based and professional/educational contexts and experience of the Tutors. Self-managed learning will supplement lectures and students will be given direction on required and indicative reading.

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<th>Description of unit of assessment</th>
<th>Length/Duration</th>
<th>Submission Date</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Reflective practice</td>
<td>4000 words</td>
<td>End of module</td>
<td>100%</td>
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