

Module code	POSE	NQF level	6
Credit value	15	Study duration	9 weeks

# Psychology of Sport and Exercise

## Module description

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
  - critical thinking on the role that non-cognitive factors play in sports and exercise psychology
  - basic skills in sports and exercise coaching

## Learning outcomes

On completion of this module, students will be able to:

- demonstrate critical thinking on the major theories and principles of sports and exercise psychology
- identify the major personal attributes that are linked to performance management in sport and exercise
- demonstrate evidence of basic skills in sports and exercise coaching
- design and execute a series of coaching sessions focusing on a chosen psychological benefit and concept
- communicate ideas and research in a variety of ways, including using written, oral or visual means

## 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 that aims to develop a learning community and support dialogue and collaboration between students. This is encouraged through online peer discussion and debate to construct a unique learning experience that enhances students' subject understanding through social interactions and empowers them to explain their understandings, and receive feedback from tutors and peers.

Learning through scientific apprenticeship will take place through the scientist practitioner model, whereby students will apply the principles of psychology to an applied problem.

Teaching will be delivered through the provision of specified reading materials that will be provided on the University of Essex Online 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.

Description of unit of assessment	Length/Duration	Submission date	Weighting
Oral Presentation: Design and execute three coaching sessions that are recorded and uploaded to the VLE platform	3x15 minutes	Mid Module	35%
Collaborative Activity: View and respond to two of your peer's coaching sessions (500 words per response) and respond to one peer's feedback post on your session (500 words). Your answers must be evidence based and supported with psychological literature	1,500 words	Mid Module	35%
Reflective Practice	1,000 words	End of Module	30%