

<b>Full Module Title:</b>	<b>SPORTS AND EXERCISE PSYCHOLOGY 1</b>
<b>Short Module Title:</b>	Sports Psychology
<b>Module Code:</b>	3HCS551
<b>Module Level:</b>	Level 5
<b>Academic credit weighting:</b>	15 Credits
<b>School:</b>	<b>School of Biosciences</b>
<b>Department:</b>	Department of Biomedical Sciences
<b>Length:</b>	1 semester
<b>Module Leader(s):</b>	<b>Prof. Frank Hucklebridge; extension 3577</b> <b>e-mail: hucklef@wmin.ac.uk</b>
<b>Site:</b>	Cavendish Campus
<b>Host course:</b>	BSc Sports & Exercise Science
<b>Status:</b>	Core or Option
<b>Relevant course titles/pathways:</b>	Core for BSc Sports & Exercise Science. Option for BSc Nutrition & Exercise Science.
<b>Subject Board:</b>	Physiology
<b>Pre-requisites:</b>	1PSY415 Introduction to Psychology II 3HCS442 Human Physiology
<b>Co-requisites:</b>	none
<b>Assessment:</b>	60% examination/40% coursework
<b>Special features:</b>	none
<b>Access restrictions:</b>	none

### **Summary of Module content:**

The **psychology** and psychophysiology of **motivation, emotion**, arousal, anxiety, stress, **aggression**, personality and participation motivation, achievement motivation, attention and attribution applied to **sport**. Arousal adjustment strategies and cognitive and behavioural interventions applied to sport. The role of the sports psychologist. The **social** psychology of sport. **Psychobiology** of sport and exercise.

### **Module Aims**

This module aims to introduce the student to the fundamental concepts of psychology, in particular cognitive psychology, individual differences, personality constructs, and the psychophysiology of motivation and emotion, stress, anxiety and arousal as they are relevant within the sports and exercise context. Students will be familiarised with the role of the sports psychologist in optimising participant performance. Wider issues of the social psychology of sport are also considered.

### **Learning Outcomes**

At the end of the module the student should be able to:

- discuss how the psychology of motivation, emotion, arousal and aggression impact upon sporting activities;

- relate social and environmental factors to the behaviour of individuals, particularly in relation to sports participation and fandom;
- discuss group dynamics including the attributes of leadership and the determinants and consequences of team cohesion;
- discuss arousal adjustment strategies designed to optimize performance;
- review the role of sport in national identity and its psychosocial implications;
- review the investigative techniques applied to the study of Sports Psychology;
- design and defend a poster presentation.

### **Indicative syllabus content**

- The history and philosophy of psychology. The aims and nature of sports psychology.
- The psychophysiology of stress, arousal and anxiety in relation to sport. arousal adjustment.
- Theories of personality and relation to sports participation and performance.
- Attention and attribution in sport.
- Motivation and achievement motivation in sport.
- Aggression in relation to sport.
- Social psychology of sport.
- Psychobiology of sport and exercise.

### **Teaching and Learning Methods**

Lectures – 54%

Tutorials/Seminars – 46%

### **Assessment rationale**

The assessments chosen are designed to ensure that the student has obtained a sound appreciation of the concepts and mechanisms of psychology in relation to its application in sports psychology. This will be tested in both the formal examination and the assessed coursework. The assessed coursework consists of three components; an essay, a poster presentation and a seminar presentation. Essay titles will be designed to promote discussion of topical areas of sports psychology and will require independent research from sources other than lecture notes. The poster presentation allows a range of diverse topics to be covered and encourages interactive learning. The seminar presentation is to promote group discussion and confidence in oral presentation.

### **Assessment criteria**

Examination: Examination questions will be set to assess the students' understanding of the concepts covered in the module and their relevance to, and application in, sports psychology.

Essay: Essays must be well structured, coherent, written in good English and approximately 2000 words in length. The student must demonstrate full comprehension of the topic and the essay should contain logical, considered discussion of the subject. The essay should also demonstrate the integration of

information from a wide range of appropriate reference sources and include appropriate citations.

Poster: Posters must contain accurate information. They must be organised into coherent sections and signposted. Appropriate illustrations should be provided.

Seminar presentation. Accurate informative and appropriate content should be provided. The seminar should be well researched and have coherent organization. It should be well presented orally and visually. Students should be able to show their understanding by adequately answering questions.

### **Assessment Methods and Weightings**

Coursework 40% - Selected essay topic (20%)  
Poster (10%)  
Seminar presentation (10%)  
Examination 60%.

### **Sources**

#### **Essential reading**

Cox, R. H. (2002) Sport Psychology: Concepts and Applications. (5th ed.) McGraw-Hill.

#### **Further reading**

Wann, D. L. (1997) Sport Psychology. Prentice Hall.

Bourne, L. E. and Russo, N. F. (1998) Psychology: Behaviour in Context. W. W. Norton.

Bakker, F. C, Whiting, H. T. A. and van der Brug, H. (1997) Sport Psychology: Concepts and Applications. John Wiley.

Jones. (1993). Stress and Performance in Sport. John Wiley.

Kerr, J. (1998) Human Motivation in Sport: Applying Reversal Theory. John Wiley.

Hardy, L., Jones, G. and Gould, D. (1996) Understanding Psychological Preparation for Sport. John Wiley.

Morris, T. and Summers, J. (1995). Sports Psychology: Theory Application & Issues. John Wiley.

#### **Periodical references**

Journal of Sport & Exercise Psychology.

The Sport Psychologist.

International Journal of Psychology.

WWW.

[www.psychwww.com/sports](http://www.psychwww.com/sports)

**Date of initial Validation: 1999**

**Dates of CASG approved modifications:**

**Date of re-validation/review: 2002.**