

## MODULE DESCRIPTOR

### Module Title

Principles of Sport and Exercise Psychology

Reference	HS1113	Version	2
Created	March 2017	SCQF Level	SCQF 7
Approved	June 2010	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

### Aims of Module

This module aims to provide students with knowledge and understanding of fundamental psychological concepts and principles underpinning sport and exercise performance.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Define key concepts in sport and exercise psychology.
- 2 Describe key theories and models in sport and exercise psychology.
- 3 Explain sport and exercise psychology theories and models.
- 4 Identify and explain differences in the key theories and models of sport and exercise psychology.

### Indicative Module Content

Personality; Confidence; Motivation; Stress; anxiety; arousal; Group dynamics; Leadership; Behaviour change; Health and wellbeing.

### Module Delivery

Lectures followed by student-led seminars, with additional online activities and directed study.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3, 4  
 Description:

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Written coursework assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Rows 1-5: Minimum of 3 rows at A, 1 row at B and 1 row at C Rows 6-8: Minimum of 2 rows at distinction and 1 row at pass Row 9: Pass
<b>B</b>	Rows 1-5: Minimum of 3 rows at B, 1 row at C and 1 row at D Rows 6-8: Minimum of 1 row at distinction and 2 rows at pass Row 9: Pass
<b>C</b>	Rows 1-5: Minimum of 3 rows at C and 2 rows at D Rows 6-8: Minimum of 3 rows at pass Row 9: Pass
<b>D</b>	Rows 1-5: Minimum of 4 rows at D and 1 row at E Rows 6-8: Minimum of 2 rows at pass Row 9: Pass
<b>E</b>	Rows 1-5: Minimum of 4 rows at E Rows 6-8: Minimum of 1 row at pass
<b>F</b>	Failure to achieve any of the above
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None (in addition to course entry requirements).
Corequisites for module	None.
Precluded Modules	None.

**ADDITIONAL NOTES**

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

**INDICATIVE BIBLIOGRAPHY**

- 1 WEINBERG, R.S. and GOULD, D., 2015. Foundations of Sport and Exercise Psychology. 6th ed. Champaign, IL: Human Kinetics.
- 2 COX, R.H., 2012. Sport Psychology: Concepts and Applications. 7th ed. New York: McGraw-Hill.
- 3 ALLEN, M. and McCARTHY, P. 2014. Psychology Express: Sport Psychology. Harlow, UK: Pearson.
- 4 BIDDLE, S.J.H., MUTRIE, N., and GORELY, T. 2015. Psychology of Physical Activity: Determinants, Well-Being and Interventions. 3rd ed. Oxon: Routledge.