

## MODULE DESCRIPTOR

### Module Title

Sport and Exercise Behaviour

Reference	HS1142	Version	2
Created	April 2023	SCQF Level	SCQF 7
Approved	June 2021	SCQF Points	15
Amended	June 2023	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 behaviour.

### 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 Explain sport and exercise psychology theories and models.
- 3 Describe differences in the key theories and models of sport and exercise psychology.
- 4 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

### Indicative Module Content

Psychological theories and models including: Theories and models of personality; theories and models of confidence; theories and models of motivation; theories and models of anxiety; theories and models of team dynamics; theories and models of leadership; theories and models of behaviour change; theories and models of concentration

### Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials and Practical sessions.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	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  
 Description: Written Assignment

**Component 2**

Type: Coursework Weighting: 0% Outcomes Assessed: 4  
 Description: Minimal module attendance requirement of 80%

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

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Component 1 A; Component 2 Pass
<b>B</b>	Component 1 B; Component 2 Pass
<b>C</b>	Component 1 C; Component 2 Pass
<b>D</b>	Component 1 D; Component 2 Pass
<b>E</b>	Component 1 E; Component 2 Pass
<b>F</b>	Component 1 F and/or fails Component 2
<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.

**INDICATIVE BIBLIOGRAPHY**

- 1 WEINBERG, R.S. and GOULD, D., 2018. Foundations of Sport and Exercise Psychology. 7th 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.