

MODULE DESCRIPTOR

Module Title

Sport and Exercise Behaviour

Reference	HS1142	Version	3
Created	September 2024	SCQF Level	SCQF 7
Approved	June 2021	SCQF Points	15
Amended	September 2024	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 70%

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 70%

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