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MODULE DESCRIPTOR

Module Title

Applied Sport and Exercise Psychology			
Reference	HS2120	Version	2
Created	March 2017	SCQF Level	SCQF 8
Approved	September 2015	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

To enhance students' ability to select and apply appropriate principles and theories of sport and exercise psychology to client scenarios.

Learning Outcomes for Module

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

- 1 Identify and utilise appropriate psychological needs analysis methods.
- 2 Apply appropriate theories and models of sport and exercise psychology in explaining identified issues.
- 3 Develop a justified and appropriate psychological intervention.
- 4 Explain strengths and weaknesses of evidence supporting an area of applied practice.

Indicative Module Content

Mental toughness; Psychological Skills; Needs Analysis; Methods; Psychometric Questionnaires; Performance Profiling Consultation Models; Applied Behaviour Change Models.

Module Delivery

Lectures and workshops, 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: Oral presentation

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Oral presentation assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
A	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	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
C	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
D	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
E	Rows 1-5: Minimum of 4 rows at E Rows 6-8: Minimum of 1 row at pass
F	Failure to achieve any of the above
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful Completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

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 BIDDLE, S.J.H., MUTRIE, N., and GORELY, T., 2015. Psychology of Physical Activity: Determinants, Well-Being and Interventions. 3rd ed. Oxon: Routledge.
- 4 TENENBAUM, G., EKLUND, R.C., and KAMATA, A., 2012. Measurement in Sport and Exercise Psychology. Champaign, IL: Human Kinetics.
- 5 ALLEN, M. and McCARTHY, P. 2014. Psychology Express: Sport Psychology. Harlow, UK: Pearson.
- 6 MELLALIEU, S. and HANTON, S., 2015. Contemporary Advances in Sport Psychology: A Review. Oxon: Routledge.