

MODULE DESCRIPTOR

Module Title

Applied Sport and Exercise Psychology

Reference	HS2120	Version	4
Created	June 2022	SCQF Level	SCQF 8
Approved	September 2015	SCQF Points	15
Amended	June 2023	ECTS Points	7.5

Aims of Module

To enhance students' ability to screen clients in health or sport, to identify and address areas for development based on psychological principles and theories.

Learning Outcomes for Module

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

- 1 Prepare an appropriate psychological needs analysis.
- 2 Interpret identified issues in relation to sport and exercise psychology theories and models.
- 3 Justify an appropriate psychological intervention.
- 4 Discuss strengths and weaknesses of evidence supporting proposed psychological intervention.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

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

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials, Workshops 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, 4

Description: Pre-record Presentation

Component 2

Type: Coursework Weighting: 0% Outcomes Assessed: 5

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:
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	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.