

## MODULE DESCRIPTOR

### Module Title

Applied Sport and Exercise Psychology

Reference	HS2120	Version	5
Created	September 2024	SCQF Level	SCQF 8
Approved	September 2015	SCQF Points	15
Amended	September 2024	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 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:
<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	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.