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## MODULE DESCRIPTOR

### Module Title

Coaching Psychology

Reference	HS3116	Version	1
Created	October 2017	SCQF Level	SCQF 9
Approved	November 2017	SCQF Points	15
Amended		ECTS Points	7.5

### Aims of Module

To provide students with insight into the psychological concepts, theories and models which relate to sport coaching, and an understanding of how to use these to enhance the performance of athletes.

### Learning Outcomes for Module

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

- 1 Discuss the role of psychology in relation to sport coaching.
- 2 Demonstrate understanding of the psychological concepts, theories and models which relate to sport coaching.
- 3 Critically discuss identified psychological concepts, theories and models in relation to sport coaching.
- 4 Apply psychological concepts, theories and models to an area of sport coaching practice.

### Indicative Module Content

Coach-athlete relationship; group cohesion; social support; psychological needs analysis; psychological skills; confidence; motivation; anxiety; leadership; communication.

### Module Delivery

Tutorials and student-led practicals, supported by directed study and reading.

### 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: Essay

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

One component of assessment. Grade gained from assessment will determine overall module grade.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	F
<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 COTTERILL, S. 2012. Team Psychology in Sports: Theory and Practice. Oxon: Routledge.
- 2 NICHOLLS, A.R. & JONES, L. 2013. Psychology in Sports Coaching: Theory and Practice. Oxon: Routledge
- 3 WEINBERG, R.S. and GOULD, D., 2019. Foundations of Sport and Exercise Psychology. 7th ed. Champaign, IL: Human Kinetics.