## MODULE DESCRIPTOR

### Module Title

Coaching Psychology

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| Reference | HS3116 | Version | 4 |
| Created | June 2022 | SCQF Level | SCQF 9 |
| Approved | November 2017 | SCQF Points | 15 |
| Amended | June 2022 | 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:

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| 1 | Discuss the role of psychology in relation to sport coaching. |
| 2 | Create a needs analysis strategy for psychological development of athletes. |
| 3 | Critically analyse psychological data. |
| 4 | Discuss the application of psychological concepts, theories and models to an area of sport coaching practice. |
| 5 | Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice. |

### Indicative Module Content

Coach-performer relationship; Athlete-athlete relationship; Team cohesion; Social support; Psychological needs analysis and interventions; Psychological skills; Confidence; Motivation; Anxiety; Personality; Concentration; Health and wellbeing; Behaviour change; Leadership; Communication.

### Module Delivery

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

| Module Ref: | HS3116 v4 |
|---|---|

| 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 |
| *Actual Placement hours for professional, statutory or regulatory body* | | |

## ASSESSMENT PLAN

*If a major/minor model is used and box is ticked, % weightings below are indicative only.*

### Component 1

| Type: | Practical Exam | Weighting: | 100% | Outcomes Assessed: | 1, 2, 3, 4 |
|---|---|---|---|---|---|
| Description: | Academic Poster | | | | |

### Component 2

| Type: | Coursework | Weighting: | 0% | Outcomes Assessed: | 5 |
|---|---|---|---|---|---|
| Description: | Minimum module attendance requirement of 80% | | | | |

## MODULE PERFORMANCE DESCRIPTOR

### Explanatory Text

Component 1 grade based on the grading proforma. Component 2 is a minimum modular attendance requirement of 80%.

| Module Grade | Minimum Requirements to achieve Module Grade: |
|---|---|
| **A** | Component 1 A and Component 2 Pass |
| **B** | Component 1 B and Component 2 Pass |
| **C** | Component 1 C and Component 2 Pass |
| **D** | Component 1 D and Component 2 Pass |
| **E** | Component 1 E and Component 2 Pass |
| **F** | Component 1 F and/or Component 2 Fail |
| **NS** | Non-submission of work by published deadline or non-attendance for examination |

## Module Requirements

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| 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. |