

MODULE DESCRIPTOR

Module Title

Coaching Psychology

Reference	HS3116	Version	5
Created	August 2024	SCQF Level	SCQF 9
Approved	November 2017	SCQF Points	15
Amended	December 2024	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 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.

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:	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 70%				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 grade based on the grading proforma. Component 2 is a minimum modular attendance requirement of 70%.

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

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.