

Module Title Sports Psychology	Reference SS3027 SCQF SCQF Level 9 SCQF Points 15 ECTS Points 7.5 Created May 2002 Approved August 2006 Amended August 2010 Version No. 2
Keywords Sports Psychology, Sports Performance, Goal Setting, Teams, Crowds And Identity	

This Version is No Longer Current

The latest version of this module is available [here](#)

Prerequisites for Module

None, in addition to SCQF 9 entry requirements or equivalent.

Sports audiences - attributional psychology, identity and fan culture.

Indicative Student Workload

Corequisite Modules

None.

<i>Contact Hours</i>	Full Time
Lectures	10
Seminars	24

Precluded Modules

None.

<i>Directed Study</i>	
Directed Study	66

Aims of Module

<i>Private Study</i>	
Private Study	50

To introduce and discuss relevant research and issues linked to psychological aspects of sports involvement and consider their application.

Mode of Delivery

Core introductory lectures will be accompanied by seminars, workshops, presentations and practical activities.

Learning Outcomes for Module

Assessment Plan

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

1. Discuss the role of psychology in sport.
2. Apply sports psychology to real world situations.
3. Assess the limitations and advantages of applying theory to sports psychology.

Indicative Module Content

Scope, theories and methods of Sports Psychology.
 Arousal, Performance and State - trait anxiety in sports participation.
 Social facilitation in sport and the home advantage.
 Managing stress in sport-cognitive perspective and relaxation.
 Goal setting, visualisation and hypnosis in sport.
 Training, Coaching and Performance.
 Teams and Team Building.
 Gender and Sport.
 Sports/Exercise and Mental Health.

	Learning Outcomes Assessed
Component 1	1,2,3

Component 1 will be assessed by written Coursework (including an oral presentation)

Indicative Bibliography

1. CASHMORE., 2008. *Sport and Exercise Psychology: Key Concepts*. 2nd ed. London: Routledge.
2. COX, R. H., 2012. *Sport Psychology: concepts and applications*. 7th ed. New York: McGraw Hill.
3. LAVELLEE, D., 2004. *Sports Psychology: Contemporary themes*. Basingstoke: Palgrave MacMillan.
4. TENENBAUM, G., 2007. *Handbook of Sport Psychology*. 3rd ed. New Jersey: Wiley.
5. WEINBERG, R., and GOULD, D., 2011. *Foundations of Sport and Exercise Psychology*. 5th ed. Champaign, ILL: Human Kinetics.
6. JOWETT, S., and LAVALLEE, D., 2007. *Social Psychology in Sport*. Leeds: Human Kinetics.
7. WEINBERG, R., and GOULD, D., 2015 *Foundations of Sport & Exercise Psychology*. 6th ed. Leeds: Human Kinetics.