

Module Title Sport and Exercise Psychology	Reference SS3053 SCQF SCQF Level 9 SCQF Points 15 ECTS Points 7.5 Created April 2017 Approved June 2017 Amended May 2014 Version No. 1
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This Version is No Longer Current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.

Corequisite Modules

None.

Precluded Modules

None.

Aims of Module

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

Learning Outcomes for Module

On completion of this module,

Mode of Delivery

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

Assessment Plan

	Learning Outcomes Assessed
Component 1	1,2,3
Coursework	1,2,3

Component 1 will be assessed by written coursework and an integrated oral presentation.

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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 anxiety in sports participation.
 Social facilitation in sport and the home advantage.
 Exercise Psychology.
 Personality and sport.
 Sport and mental wellbeing.
 Goal setting, visualisation and hypnosis in sport.
 Leadership, Teams and Team Building.

Indicative Student Workload

<i>Contact Hours</i>	Full Time
N/A	24
Lectures	12
Seminars	12
<i>Directed Study</i>	
Directed Study	66
<i>Private Study</i>	
Private Study	60

Indicative Bibliography

1. WEINBERG, R., and GOULD, D., 2018 *Foundations of Sport and Exercise Psychology*. 7th ed. Champaign, Illinois: Human Kinetics.
2. COX, R. H., 2012. *Sport Psychology: concepts and applications*. 7th ed. New York: McGraw Hill.
3. GALLUCCI, N. T., 2013. *Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals and Teams*. 2nd ed. New York: Taylor & Francis.
4. HAUSENBLAS, H. and RHODES, R. E., 2017. *Exercise Psychology: Physical Activity and Sedentary Behavior*. Burlington, Massachusetts: Jones & Bartlett.
5. LANE, A., (Ed.), 2015. *Sport and Exercise Psychology (Topics in Applied Psychology series)*. 2nd ed. Hove: Routledge.
6. LOX, C. L. et al., 2020. *The Psychology of Exercise: Integrating Theory and Practice*. 5th ed. New York: Routledge.

Non-Contact Hours

N/A

126

Placement/Work-Based

Learning Experience

[Notional] Hours

0

Actual

Placement/Work-Based

Learning Experience

Hours

0