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MODULE DESCRIPTOR

Module Title

Sport and Exercise Psychology

Reference	SS3053	Version	3
Created	August 2018	SCQF Level	SCQF 9
Approved	June 2017	SCQF Points	15
Amended	September 2018	ECTS Points	7.5

Aims of Module

To introduce and discuss relevant research and theory linked to psychological aspects of sport and exercise involvement and consider their application.

Learning Outcomes for Module

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

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

Indicative Module Content

Scope, theories and methods of Sport and Exercise Psychology. Arousal, performance and anxiety in sports participation. Social facilitation in sport and the home advantage. Exercise Psychology. Motivation in sport and exercise. Personality and sport. Sport, exercise and mental wellbeing. Goal setting, visualisation and hypnosis in sport. Leadership, Teams and Team Building.

Module Delivery

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

Indicative Student Workload	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	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		

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

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

There is one component which contributes 100% to the module total.

Module Grade	Minimum Requirements to achieve Module Grade:
A	The student needs an A in C1.
B	The student needs a B in C1.
C	The student needs a C in C1.
D	The student needs a D in C1.
E	The student needs an E in C1.
F	The student needs an F in C1.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None, in addition to SCQF 9 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

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.