

MODULE DESCRIPTOR

Module Title

Sport and Exercise Psychology

Reference	SS4081	Version	2
Created	June 2022	SCQF Level	SCQF 10
Approved	February 2022	SCQF Points	15
Amended	June 2022	ECTS Points	7.5

Aims of Module

Develop a critical knowledge and understanding of psychological processes that influence performance in sport (and other performance settings), the experience of sports participants and athletes, the experience of exercise and physical activity, and factors that can be applied to increase exercise and physical activity.

Learning Outcomes for Module

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

- 1 Critically evaluate psychological processes that influence outcomes in sport performance settings and/or exercise participation.
- 2 Critically evaluate psychological theories that explain outcomes in sport performance settings and/or exercise participation.

Indicative Module Content

Introducing sport and exercise psychology as science and profession Psychological skills training (e.g. concentration, imagery, self-talk, goal-setting, etc.) Arousal, stress, anxiety and their impact on performance Motivation in sport and exercise Organisational factors in sport Performance psychology in para-sport settings for athletes with a disability Psychological processes in groups and teams (e.g. group dynamics, leadership, communication, etc.) Confidence in sport and exercise settings Psychological processes in sports injury Body image and sport/exercise Effects of sport and/or exercise on mental well-being Factors that affect the experience of exercise Interventions to increase levels of exercise/physical activity

Module Delivery

Workshops including both lecture-style material and class 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
<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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2
Description:	Component 1 will be assessed by written coursework and an integrated oral presentation.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Grade D or above must be achieved in all components to achieve a module pass.

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

Module Requirements

Prerequisites for Module	None, in addition to SCQF 10 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 GALLUCCI, N. T., 2013. *Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals and Teams*. 2nd ed. New York: Taylor & Francis.
- 3 LANE, A., (Ed.), 2015. *Sport and Exercise Psychology (Topics in Applied Psychology series)*. 2nd ed. Hove: Routledge.
- 4 RAZON, S. and SACHS, M. L. (Eds.), 2018. *Applied Exercise Psychology*. New York: Routledge.
- 5 LOX, C. L. et al., 2020. *The Psychology of Exercise: Integrating Theory and Practice*. 5th ed. New York: Routledge.
- 6 ZENKO, Z and JONES, L. (Eds.), 2021. *Essentials of Exercise and Sport Psychology: An Open Access Textbook*. Society for Transparency, Openness, and Replication in Kinesiology.