
WEEK EIGHT:

**INTRODUCTION
TO SPORT,
EXERCISE, AND
COACHING
PSYCHOLOGY**

Psychology in Practice



OBJECTIVES AND STRUCTURE



Session Purpose

Introduce foundational concepts of sport, exercise, and coaching psychology to first-year psychology students.



Session Structure

Structured around theory, interactive activities, and practical case study analysis to enhance learning.



Learning Outcomes

Students will distinguish between sport/exercise and coaching psychology, apply models, and reflect on learning.



CORE CONCEPTS

SPORT AND EXERCISE PSYCHOLOGY

Psychological Influences

Sport psychology studies how motivation, self-efficacy, and anxiety affect athletic performance and exercise habits.

Theoretical Frameworks

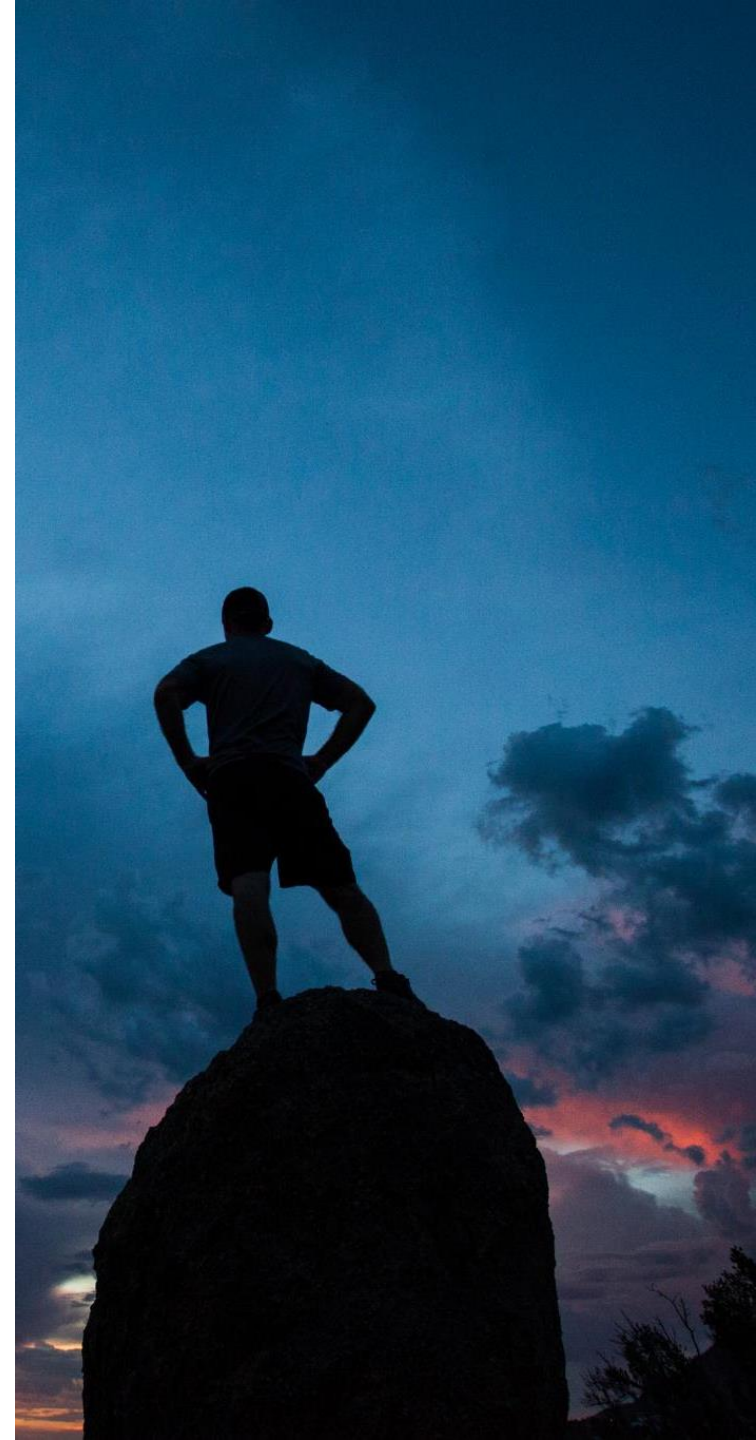
Theories like Self-Determination and Achievement Goal Theory guide strategies to boost fitness goal achievement and mental resilience.

Practical Applications

Practitioners help athletes enhance performance, build resilience, and maintain mental well-being during training and competition.

Health & Lifestyle Impact

Sport and exercise psychology promotes healthy lifestyles and improves outcomes in both recreational and competitive settings.



COACHING PSYCHOLOGY

Goal-Oriented Discipline

Coaching psychology focuses on supporting personal development through goal clarification and behaviour change.

GROW and Solution Models

It employs frameworks like GROW and solution-focused approaches to structure empowering conversations.

Enhancing Performance and Confidence

The discipline aims to boost performance, confidence, and leadership without addressing deep emotional issues.

Widespread Application

Coaching psychology is used in organisational, educational, and personal contexts to foster self-awareness and strategic thinking.



— CASE STUDIES

THE UNMOTIVATED RUNNER

Psychological Challenges

Jordan faces low self-efficacy, identity disruption, and amotivation affecting exercise engagement.

Theoretical Insights

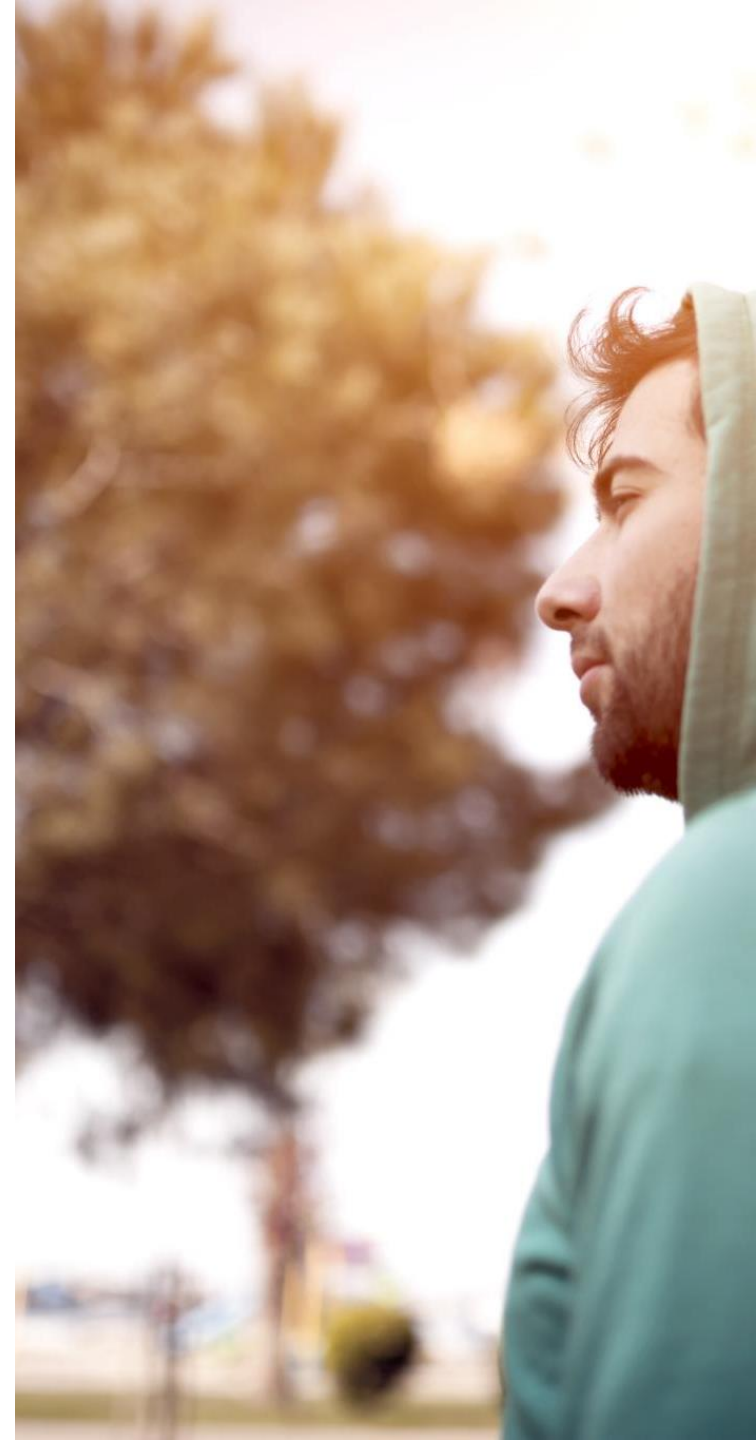
Self-Determination Theory and Achievement Goal Theory explain Jordan's lack of autonomy and shift to avoidance goals.

Support Strategies

Setting small goals, social support, imagery, and self-talk help Jordan rebuild motivation and athletic identity.

Exercise Psychology Approach

Motivational interviewing and personalised exercise plans address anxiety and build coping skills.



THE HESITANT LEADER

Challenges Faced by Leader

Amira struggles with impostor syndrome, avoidant behaviour, and lacks confidence in decision-making.

Using the GROW Model

The GROW model helps clarify goals, assess reality, explore options, and commit to actions for leadership growth.

Solution-Focused Coaching

Coaching encourages reflecting on past successes and building strengths to empower leadership development.

Coaching vs Therapy

Coaching focuses on empowerment and action, differing from therapy which addresses emotional resolution.

