

MODULE CODE: ECAP5006
TITLE: Sport and Health Psychology
DATED: 26/04/2018

LEVEL: 5
CREDITS: 20

JACS CODE: C810

AIM(S)

- To provide students with a theoretical and applied understanding of the contribution of psychology to the study of sport and health

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- critically review the application of a range of theories derived from psychology in relation to successful and non-successful sporting performance;
- critically appraise the application of a variety of psychological skills (for example, arousal regulation, imagery, goal setting) and its impact on sporting performance;
- demonstrate a critical understanding of the importance of Health Psychology to promote health and well-being and the development of preventative strategies within health and mental health arenas;
- take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- A critical understanding of the nature of stress, anxiety and arousal and its impact on sporting performance.
- A critical understanding of the techniques (such as goal setting, imagery, and arousal regulation) adopted by applied sports psychologists and its impact on sporting performance.
- Examination of the psychological theories and research that has informed and developed the field of health psychology.
- To critically appraise the applicability of models and theories relating to health and occupational psychology.
- Examination of the nature of health psychology and applying health psychology in practice.

LEARNING AND TEACHING STRATEGY

Topics will be introduced in weekly lectures and consolidated through seminars which will vary in format from group exercises and discussions to small group exercises to further develop students' understanding of the principles and key topic areas within Sport and Health Psychology.

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☒ **Written exam** ☐ **Coursework** ☐ **Practical**

Mode of assessment	Volume	Weighting
Written exam	2 hours	50%

Assessment Component 2

☐ **Written exam** ☒ **Coursework** ☐ **Practical**

Mode of assessment	Volume	Weighting
Report	2,500 words	50%

Assessment Summary

Activity type	Percentage
Written exam	50%
Coursework	50%
Practical	
TOTAL	100%

This module is not linked to a PSRB

READING LIST

Please note that at Level Five students will be expected to engage with empirical journal articles in addition to the reading list below.

Module Code	ECAP5006	
Module Title	Sport and Health Psychology	
Classification	Reading List entry	Electronic*
Essential	Cox, R. (2012). <i>Sport psychology: Concepts and applications</i> (7th ed.). New York: McGraw-Hill.	☐
Essential	Hanton, S., & Mellalieu, S. (2009). <i>Advances in applied sport psychology: A review</i> . London: Routledge.	☐
Essential	Karageorghis, C., & Terry, P. (2011). <i>Inside sport psychology</i> . Chicago: Human Kinetics	☒
Essential	Marks, Murray, Evans, Estacio, Murray, M., Evans, Brian, & Estacio, Emee Vida. (2015). <i>Health psychology: Theory, research and practice</i> (4th ed.). London: Sage.	☒
Essential	Morrison, V., & Bennett, P. (2016). <i>An introduction to health psychology</i> (Fourth ed.). London: Pearson.	☐

Essential	Ogden, J. (2012). <i>Health psychology</i> (5th ed.). London: McGraw-Hill/Open University Press.	☐
Essential	Weinberg, Gould, & Gould, Daniel. (2015). <i>Foundations of sport and exercise psychology</i> (Sixth ed.). Champaign, IL: Human Kinetics.	☐
Further	Bull, S. (1991). <i>Sport psychology: A self-help guide</i> . Marlborough: Crowood.	☐
Further	Hardy, L., Gould, D., & Jones, J. (1996). <i>Understanding psychological preparation for sport: Theory and practice of elite performers</i> . Chichester: Wiley.	☐
Further	Jarvis, M. (1999). <i>Sport psychology</i> (Routledge modular psychology). London; New York: Routledge.	☒
Further	Lyons, A., Chamberlain, K., & NetLibrary, Inc. (2006). <i>Health psychology a critical introduction</i> . Cambridge, UK; New York: Cambridge University Press.	☐
Further	Morris, Summers, Morris, Tony, & Summers, Jeffery J. (1995). <i>Sport psychology: Theory, applications and issues</i> . Chichester: Wiley.	☐
Further	Singer, Hausenblas, Janelle, Singer, Robert N, Hausenblas, Heather A, Janelle, Christopher M, & International Society of Sports Psychology. (2001). <i>Handbook of sport psychology</i> (2nd ed.). New York; Chichester: Wiley.	☐
Journal	British journal of health psychology	☒
Journal	Health psychology	☒
Journal	Journal of applied sport psychology	☒
Journal	Journal of health psychology	☒
Journal	Journal of sport behavior	☒
Journal	Journal of sport & exercise psychology	☒
Journal	Journal of sports sciences	☒
Journal	Psychology and health	☒
Journal	Psychology, health & medicine	☒
Journal	Psychology of sport and exercise	☒
Journal	Sport, exercise, and performance psychology	☒
Journal	Sport psychologist	☒