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|-----------------------|------------------------------------|
| <b>Module Code</b>    | <b>ECAP5011</b>                    |
| <b>Title</b>          | <b>Sport and Health Psychology</b> |
| <b>Date</b>           | <b>28/10/2022</b>                  |
| <b>Level</b>          | <b>5</b>                           |
| <b>Credits</b>        | <b>20</b>                          |
| <b>Pre-Requisites</b> |                                    |

### **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 psychology.
- Examination of the nature of health psychology and applying health psychology in practice.

## Study Time Allocation

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 30         | 15%         |
| Independent learning | 170        | 85%         |
| Placement learning   | -          | -           |
| <b>TOTAL</b>         | <b>200</b> | <b>100%</b> |

## ASSESSMENT

### Assessment Component 1

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume      | Weighting |
|--------------------|-------------|-----------|
| Case Formulation   | 2,000 words | 50%       |

### Assessment Component 2

☐ Written exam      ☐ Coursework      ☒ Practical

| Mode of assessment      | Volume     | Weighting |
|-------------------------|------------|-----------|
| Individual Presentation | 10 minutes | 50%       |

### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | -           |
| Coursework    | 50%         |
| Practical     | 50%         |
| <b>TOTAL</b>  | <b>100%</b> |

## INDICATIVE READING LIST

| Module Code    | ECAP5011                                                                                                                                       |                                     |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Sport and Health Psychology                                                                                                                    |                                     |
| Classification | Reading List entry                                                                                                                             | Electronic*                         |
| Essential      | Weinberg, R.S. & Gould, D. (2015). <i>Foundations of sport and exercise psychology</i> (Sixth ed.). Human Kinetics.                            | <input type="checkbox"/>            |
| Essential      | Marks, M., Evans, E., Murray, M., Evans, B., & Estacio, E. V.. (2015). <i>Health psychology: Theory, research and practice</i> (4th ed.). Sage | <input checked="" type="checkbox"/> |
| Essential      | Karageorghis, C., & Terry, P. (2011). <i>Inside sport psychology</i> . Human Kinetics                                                          | <input checked="" type="checkbox"/> |
| Further        | Morrison, V., & Bennett, P. (2016). <i>An introduction to health psychology</i> (Fourth ed.). Pearson                                          | <input type="checkbox"/>            |

|         |                                                                                                                                                      |                                     |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Further | Jarvis, M. (1999). <i>Sport psychology</i> (Routledge modular psychology). Routledge.                                                                | <input checked="" type="checkbox"/> |
| Further | Cox, R. (2012). <i>Sport psychology: Concepts and applications</i> (7th ed.). McGraw-Hill.                                                           | <input type="checkbox"/>            |
| Further | Ogden, J. (2012). <i>Health psychology</i> (5th ed.). McGraw-Hill/Open University Press.                                                             | <input type="checkbox"/>            |
| Further | Hardy, L., Gould, D., & Jones, J. (1996). <i>Understanding psychological preparation for sport: Theory and practice of elite performers</i> . Wiley. | <input type="checkbox"/>            |
| Further | Lyons, A., Chamberlain, K., & NetLibrary, Inc. (2006). <i>Health psychology a critical introduction</i> . Cambridge University Press.                | <input type="checkbox"/>            |
| Further | Hanton, S., & Mellalieu, S. (2009). <i>Advances in applied sport psychology: A review</i> . Routledge.                                               | <input type="checkbox"/>            |