ECAP5006 – Sport and Health Psychology.

Module Leader: Dr Stuart Jones.

Session Number	Topic	Content	Recommended Reading
1	Introduction to Sport and Health Psychology	1. What is Sport Psychology 2. What is Health Psychology 3. Topics within Sport and Health Psychology 4. Attention in Sport 5. Use of EEG feedback and attention in Sports. 6. Discussion on Assessment 1	1. Kremer, J. (2008). Swifter, higher, stronger. The history of sport psychology. *The Psychologist.,* 21(8), 740. 2. Oudejans, R., Kuijpers, W., Kooijman, C., & Bakker, F. (2011). Thoughts and attention of athletes under pressure: Skill-focus or performance worries? Anxiety, *Stress, and Coping*, 24(1), 59-73
2	Stress and Anxiety in Sport and Exercise.	1. What is Anxiety? 2. Types of Anxiety 3. Anxiety theory and Sports 4. Personal and Situational Factors that might affect anxiety. 5. Can Anxiety be beneficial to sporting performance. 6. Critical Writing Skills at Level 5.	1.Hanton, S., Cropley, B., Neil, R., Mellalieu, S. D.,& Miles, A. (2007). Experience in sport and its relationship with competitive anxiety. *International Journal of Sport and Exercise Psychology,* 5(1), 28-53. 2. Flowers, R. A., & Brown, C. (2002). Effects of sport context and birth order on state anxiety. *Journal of Sport Behavior*, 25(1), 41-56
3	Arousal Regulation	1.Why athletes need to regulate arousal.	1.Jones, M. (2003). Controlling Emotions in Sport. *The Sport*

		2. Interventions at reducing arousal. 3. Hypnosis and Sport 4. Coping and Sport 5. Increasing Arousal. 6. Progressive Muscle Relaxation. 7. Introduction to other key psychological skills.	*Psychologist*, 17(4), 471- 486. 2. Neil, R., Hanton, S., & Mellalieu, S. (2013). Seeing Things in a Different Light: Assessing the Effects of a Cognitive Behavioral Intervention upon the Further Appraisals and Performance of Golfers. *Journal of Applied Sport Psychology*,25(1), 106-130.
4	Imagery	1. What is imagery 2. Does Imagery Work 3. Imagery Theory 4. The four W's of Imagery 5. Internal vs External Imagery 6. Developing Imagery Skills 7. Applied Imagery Session. 8. Developing Strategies to apply goals	1.Vealey, R., & Greenleaf, C. (2010). Seeing is believing: Understanding and using imagery in sports. In J. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance (6th ed*)., pp. (267- 304), McGraw-Hill.
5	Goal Setting	1. What are Goals and Goal Setting? 2. The Application of Goals in Sport. 3. Goal Setting Theory 4. Common Problems in Goal Setting. 5. Recap on the Key Psychological Skills. 6. Introduction to Exercise Psychology and Exercise Addition	1.Weinberg, R., Yukelson, D., Burton, D., & Weigand, D. (2000). Perceived goal setting practices of Olympic athletes: An exploratory investigation. *The Sport Psychologist*, 14(3), 279-295. 2.Weston, N. J., Greenlees, I. A., & Thelwell, R. C. (2011). Athlete perceptions of the impacts of performance profiling. *International Journal of Sport and Exercise*

			Psychology, 9(2), 173-188
6	Exercise and Mental Health	1. Stats on Mental Health 2. Exercise and Mental Health Studies. 3. How much and what type of exercise can benefit.. 4. Discussion on Assessment 2.	1.Buckworth, J., & Dishman, R.K. (2004). *Exercise Psychology*, Human Kinetics.
7	Exercise and Cognitive Functioning.	1. Timeline of research on this topic. 2. Brain regions linked to cognitive development. 3. Can exercise stimulate the Brain? 4. Exercise and Academic Achievement? 5. Exercise and Elderly Cognition? 6. Strategies to increase exercise uptake.	1. Denny, N.W. (1982). Aging and cognitive changes. In B.B. Wohlman (Ed.), *Handbook of Developmental Psychology* (pp.807-827). PrenticeHall 2. Colcombe, S., Kramer, A., McAuley, E., Erickson, K., & Scalf, P. (2004). Neurocognitive Aging and Cardiovascular Fitness: Recent Findings and Future Directions. *Journal of Molecular Neuroscience*., 24(1), 009-014
8	Applied Health Psychology 1.	1. Doctor / Patient Communication 2. Doctor / Patient Miscommunication 3. The impact of communication on patient knowledge and compliance. 4. Peer Mentoring and its impact. 5. The use of the internet in diagnosis. 6. Self Empowerment vs Media Campaigns are they mutually Exclusive	1. Cassell, M. M., Jackson, C., & Cheuvront, B. (1998). Health communication on the Internet: an effective channel for health behavior change?. *Journal of Health communication*, 3(1), 71 – 79. 2. Fox, N. J., Ward, K. J., & O'Rourke, A. J. (2005). The 'expert patient': empowerment or medical dominance?

			The case of weight loss, pharmaceutical drugs and the Internet. *Social science & medicine,* 60(6), 1299-1309. 3. Sleath, B., & Rubin, R. H. (2002). Gender, ethnicity, and physician- patient communication about depression and anxiety in primary care. *Patient Education and Counselling*, 48(3), 243-252. 4. Street Jr, R. L. (2002). Gender differences in health care provider–patient communication: are they due to style, stereotypes, or accommodation?. *Patient education and counselling*, 48(3), 201-206
9	Applied Health Psychology 2	1. Mass Media Campaigns 2. Health Promotion Campaigns. 3. Social Cognition Models of Behaviour 4. Health Belief Model 5. Theory of Reasoned Action 6. Theory of Planned Behaviour 7. Transtheoretical Model 8. Prime Theory 9. Applying Social Cognition Models to Health Situations.	1. Velicer, W. F., Prochaska, J. O., Fava, J. L., Norman, G. J., & Redding, C. A. (1998). Smoking cessation and stress management: applications of the transtheoretical model. *Homeostasis*, 38, 216-233. 2. Rise, J., Kovac, V., Kraft, P., & Moan, I. S. (2008). Predicting the intention to quit smoking and quitting behaviour: Extending the theory of planned behaviour. *British*

			journal of health psychology, 13(2), 291- 310. 3. McEwen, A., & West, R. (2010). The PRIME approach to giving up smoking. *Practice Nursing,* 21(3), 145-153. 4. Brandstetter, S., Rüter, J., Curbach, J., & Loss, J. (2015). A systematic review on empowerment for healthy nutrition in health promotion. *Public health nutrition*, 18(17), 3146-3154.
10	Treatment Adherence in Sport and Health.	1. Sports Injury – The prevalence of sports injury. 2. Conceptual issues relating to Sports Injury Rehabilitation. 3. The integrated model of sports injury response. 4. Health Psychology in the Hospital. 5. Acute / Chronic illness and its impact on patient compliance. 6. Coping with terminal illness.	1. Mainwaring, L. M., Hutchison, M., Bisschop, S. M., Comper, P., & Richards, D. W. (2010). Emotional response to sport concussion compared to ACL injury. *Brain injury*, 24(4), 589- 597. 2. Wadey, R., Evans, L., Evans, K., & Mitchell, I. (2011). Perceived benefits following sport injury: A qualitative examination of their antecedents and underlying mechanisms. *Journal of applied sport psychology*, 23(2), 142- 158. 3. Weiss, M. (2003). Psychological Aspects of Sport-Injury Rehabilitation: A Developmental Perspective. *Journal of*

			Athletic Training, 38(2),172-175. 4. Karademas, E. C., Tsagaraki, A., & Lambrou, N. (2009). Illness acceptance, hospitalization stress and subjective health in a sample of chronic patients admitted to hospital. Journal of *Health Psychology*, 14(8), 1243-1250.