

Module Details	
Module Title	Psychology of Coaching, Sport and Exercise
Module Code	PSY4013-B
Academic Year	2024/5
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Seminars	12
Directed Study	164
Lectures	24

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>This module will provide students with an introduction to sport and exercise psychology and coaching psychology. This is an opportunity to explore two other chartered areas of psychology, especially if you are thinking of carrying out an empirical project or could be interested in pursuing a career in these fields.</p>

Outline Syllabus
<p>In this module, students will learn about fundamental areas of sport psychology and increase your awareness and understanding of the field of sport and exercise psychology, and the profession of sport and exercise psychologists. This module will also focus on providing students with appropriate knowledge of these areas and how they can be related to coaching psychology and coaching practice in leadership roles.</p> <p>Taught sessions will include a history of the discipline and a variety of the main areas of sport psychology. These include arousal levels, goal setting, motivation, mental toughness, psychological affect of injury, skill acquisition, team cohesion, burnout, identity, and self-esteem: key areas of sport psychology that have been researched extensively.</p>

Learning Outcomes	
Outcome Number	Description
1	Explain the core principles of sport psychology/coaching psychology research.
2	Demonstrate understanding of ethical issues in sport psychology and coaching, including about the rules of communicating the results of sport psychology/coaching psychology research.
3	Apply knowledge in a systematic way, using theory and evidence to examine relevant issues and solve problems associated with sport psychology and coaching.
4	Assess and reflect on progress in developing relevant academic and professional skills, including those developed through collaborative/team-work exercises and individual academic study.
5	Demonstrate computer literacy for the purposes of furthering your own learning and in the analysis and presentation of ideas.

Learning, Teaching and Assessment Strategy
<p>The delivery of this module consists of lectures, seminars supplemented by directed study. Formal lectures will explore different elements of sport & exercise psychology and coaching psychology. In directed study, students are expected to learn about different areas of sport psychology in detail and consider how coaches/leaders can use these principles in practice for their/their teams benefit across a variety of settings.</p> <p>During seminars, different tasks will ensure that students use information that has been covered in the lectures and apply this information to coaches, again utilising what we know about coaching psychology. These tasks will create a portfolio that is to be submitted as summative assessment.</p>

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Online MCQ Examination	Ongoing online assessments of learning materials to assess module understanding	40%
Summative	Coursework - Portfolio/e-portfolio	Portfolio of practical/seminar assignments to assess the development of your skills	60%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.