

Module Title:	Introduction to Sport and Exercise Psychology
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	4 programme(s)
Teaching & Learning Strategies:	This module will be delivered via two hour lecture per week for one semester. This theory class will include lecture, Q&A, group discussion, presentations and other teaching and learning strategies as appropriate.
Module Aim:	The aim of this module is to introduce students to the core topics, underlying theories and basic psychological constructs in sport and exercise psychology.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Explain the major concepts studied in sport and exercise psychology (e.g. personality, motivation, stress, confidence, feedback, etc.)
LO2	Relate and apply psychological concepts to the sport and exercise setting
LO3	Identify interventions that may be used by sport and exercise psychologists to improve performance and increase participation in sport and exercise.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

Module Content & Assessment

Indicative Content
Introduction to Sport and Exercise Psychology History and evolution of sport and exercise psychology. Role of a sport and exercise psychologist.
Basic psychological concepts Introduction to different areas within sport and exercise psychology such as personality, motivation, arousal, anxiety, stress, attitudes, confidence, leadership, group dynamics, physical activity and health psychology
Applied Sport and Exercise Psychology Introduction to psychological skills training (e.g. goal setting, imagery, self-talk etc.)

Assessment Breakdown	%
Continuous Assessment	50.00%
End of Module Formal Examination	50.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment strategy may incorporate essays, presentations, reflective logs, case studies, in-class tests and written reports.	1,2,3	50.00	n/a

No Project

No Practical

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	n/a	1,2,3	50.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	6.73
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	1	Mandatory
CW_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	1	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	1	Mandatory
CW_SAPHS_C	Higher Certificate in Science in Physiology and Health Science	1	Mandatory