

Module Title:	Sport and Exercise Psychology 2	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	8	
Module Delivered In	<a href="#">2 programme(s)</a>	
Teaching & Learning Strategies:	Sports Psychology will be taught in three theory classes of one hour duration per week. The theory classes will include lecture, Q&A, group discussion, problem-based learning, case studies, and guest lecturers where appropriate	
Module Aim:	To promote an understanding of the major psychological determinants of human behaviour in sports performance and exercise participation	
Learning Outcomes		
On successful completion of this module the learner should be able to:		
LO1	Synthesise the psychological factors that determine sport and exercise performance and outline the theories underlying these processes	
LO2	Critique and apply psychological concepts and skills for the enhancement of performance	
LO3	Identify the role of psychology in growth and development of young athletes	
Pre-requisite learning		
Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module.		
8131	PSYC	Sport and Exercise Psychology 1
Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module.		
No incompatible modules listed		
Co-requisite Modules		
No Co-requisite modules listed		
Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.		
No requirements listed		

## Module Content & Assessment

### Indicative Content

#### Section 1 Introduction to Sport Psychology

History and evolution of sport and exercise psychology. Role of a sport and exercise psychologist; Introduction to key psychological concepts such as personality, motivation, arousal, anxiety, stress, attitudes, confidence, leadership, group dynamics, physical activity and health psychology; Introduction to psychological skills training (e.g. goal setting, imagery, self-talk etc.)

#### Section 2 Facilitating Psychological Growth and Development

Children and Sport Psychology, Aggression in Sport, Character Development and Good Sporting Behaviour

#### Section 3 Factors Affecting Performance

Personality & The Athlete, Motivation & Participation, Arousal & Anxiety, Concentration in Sport, Confidence, Self-Efficacy

#### Section 4 Improving Performance

Intervention Strategies – Arousal Adjustment, Increasing Intrinsic Motivation, Visualisation, Imagery, Goal-Setting

#### Section 5 Group Processes

Group & Team Dynamics, Leadership

### Assessment Breakdown

%

Continuous Assessment

100.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Case Studies	Athlete Psychology Case Studies	1,2,3	60.00	n/a
Essay	Psychology Essay on Efficacy of a Specific Intervention Strategy	2	40.00	n/a

No Project

No Practical

No End of Module Formal Examination

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

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Every Week	3.00
Estimated Learner Hours	Every Week	6.00
Total Hours		9.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	8	Elective
CW_BBIBC_B	<a href="#">Bachelor of Arts (Honours) in Sport, Business and Coaching</a>	8	Elective