

<b>Module Title:</b>	Sports Psychology
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	Sports Psychology will be taught in three theory classes of one hour duration for 12 weeks. The theory classes will include lectures, Q&A, group discussion, case studies, and guest lecturers where appropriate. The lecture classes will include interactive learning activities and formative assessment tasks such as discussions, quizzes, and case studies. Independent student learning time will be used for preparation for classes, review of class materials and activities, and work associated with assessment tasks
<b>Module Aim:</b>	To promote an understanding of the major psychological determinants of human behaviour in sports performance
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
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, including when clinical referral may be necessary
LO3	Identify the role of psychology in injury and rehabilitation
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Successful completion of year 3 or equivalent	

## Module Content & Assessment

Indicative Content
<b>Section 1</b> Introduction to sport psychology
<b>Section 2 Factors Affecting Performance</b> Personality and the Athlete, Motivation & Participation, Arousal & Anxiety, Concentration in Sport, Confidence, Self - Efficacy
<b>Section 3 Group Processes</b> Group and Team Dynamics, Leadership
<b>Section 4 Improving Performance</b> Intervention strategies – Arousal Adjustment, Stress Management, Increasing Intrinsic Motivation, Visualisation, Imagery, Goal Setting
<b>Section 5 Effects of Sport on Well Being</b> Injury & Illness (coping, rehabilitation), Burnout

Assessment Breakdown	%
Continuous Assessment	60.00%
End of Module Formal Examination	40.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Essay	Paper on the use of a specific psychological intervention strategy to enhance sport performance e.g. goal-setting, self-talk, stress management etc.	2	30.00	n/a
Case Studies	Psychology Case study	1,2,3	30.00	n/a

No Project
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No Practical
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End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	2 hour exam	1,2,3	40.00	End-of-Semester

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	12 Weeks per Stage	3.00
Estimated Learner Hours	15 Weeks per Stage	5.93
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	8	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	8	Mandatory