

Module Title:	Sport and Exercise Psychology 1	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	8	
Module Delivered In	<a href="#">2 programme(s)</a>	
Teaching & Learning Strategies:	This module will be delivered via a three hour lecture per week. 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		
On successful completion of this module the learner should be able to:		
LO1	Explain the major concepts studied in psychology (e.g. personality, motivation, stress, attention, memory, learning, perception), including how they have developed and evolved.	
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		
This is prior learning (or a practical skill) that is recommended before enrolment in this module.		
11712	ZPSY C2101	Health Psychology and Promotion 1
11717	ZPSY C2102	Health Psychology and Promotion 2
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

#### Introduction to Sport and Exercise Psychology

History and evolution of sport and exercise psychology. Role of a sport and exercise psychologist.

#### 1.1

Concepts, Definitions and Policies of Health, Wellness and Health Promotion

#### 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

#### 1.2

Factors Influencing Health (Social, Psychological, Physical, Environmental and Cultural); Healthy Lifestyles; Effect of Media on Health

#### Applied Sport and Exercise Psychology

Introduction to psychological skills training (e.g. goal setting, imagery, self-talk etc.)

#### 1.3

Foundations of Psychological Theories, Behavioural Science and Relationships to Health Behaviour

#### 2.1

The Effect of Exercise on; Stress; Mood; Anxiety; Depression; Cognitive Function; Sleep; Pain; Self - Esteem

#### 3.1

Approaches to Behaviour Change; Theories, Motivation, Goal-Setting, Exercise and Specific Target Groups (Older Adult, Youth, Disability etc)

#### 4.1

Factors Influencing Exercise Behaviour: Adherence/Drop-out; Benefits of Exercise, Well-being, Addictive & Unhealthy Behaviours

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
Project	Introduction to Sports Psychology Project	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	End of Year Exam	1,2,3	50.00	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	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>	7	Elective
CW_BBIBC_B	<a href="#">Bachelor of Arts (Honours) in Sport, Business and Coaching</a>	7	Elective