

COURSE SPECIFICATION DOCUMENT

Academic School/Department:	Richmond Business School
Programme:	Master of Arts Degree in International Sports Business
FHEQ Level:	7
Course Title:	Psychology of Performance in Sport and Business
Course Code:	SPT 7404
Total Hours:	200
Timetabled Hours:	39
Guided Learning Hours:	21
Independent Learning Hours:	140
Credits:	20 UK CATS credits 10 ECTS credits 4 US credits

Course Description:

This course explores the psychology of human performance in sport and exercise environments. Understanding people's thoughts, feelings and behaviours in the sporting milieu is fundamental to helping individuals to realise their physical, technical and health performance potential. This course will provide theoretical, research and practical insight into the psychology of expertise and the role of psychology in optimising performance across a variety of domains. Students will develop a better understanding of how the mind can impact human behaviour and performance within competitive sport, everyday physical activity settings and business environs. A range of psychological techniques available to practitioners will be outlined (e.g., self-talk, imagery). Theoretical and empirical evidence for the effectiveness of these techniques will be considered.

Prerequisites: MA International Sports business students only

Aims and Objectives:

At the end of the course, students should be able to:

- Understand how motivation affects how hard people train and how much they achieve
- Examine why pressure sometimes harms, but sometimes helps performance
- Explore how coaches inspire optimal performance in athletes
- Explore the complexity of sport performance and the crucial role that the mind plays in helping athletes produce optimal performance

- Assess the psychological demands of high performance environments
- Design and implement mental skills training with athletes of all levels and ages
- develop an in-depth understanding of the practice and application of scientific principles to the areas of sport, psychology, exercise, and the symbiotic relationship between the disciplines, in order to develop the proficiencies required for academic success and future professional competence.

Programme Outcomes:

A1, A2, A5
B1, B2, B3, B4, B5
C1, C2,
D1, D2, D3, D4, D5

A detailed list of the programme outcomes are found in the Programme Specification. This is found at: <https://www.richmond.ac.uk/programme-and-course-specifications/>

Learning Outcomes:

By the end of this course, successful students should be able to:

Knowledge and Understanding

- Discuss and analyse psychological skills in consideration of which psychological techniques are most appropriate and how they should best be applied to a range of scenarios (e.g., enhancing confidence in a novice exerciser, helping an elite athlete cope with a career ending injury). (A1, A2, A5)

Cognitive skills

- Demonstrate a good knowledge and critical understanding of a range of influences on psychological functioning and how they are conceptualized across the key knowledge domains (B1, B2, B3, B4, B5)

Subject specific, practical and professional skills

- Demonstrate an understanding and critical awareness of the issues underpinning best practice as a sport psychologist, coach, sport administrator (C1, C2)

General/transferable skills

- Evaluate and apply current research and theory from the disciplines relevant to the study of sport psychology and confidently take an active and knowledgeable part in informed discussion of such issues (D1, D2, D3, D4, D5)

Indicative Content:

- The Nature and Scope of Sport and Performance Psychology
- The Psychology of Performance in Sport and Other Domains
- Individual Psychological Processes in Performance
- Motivation: Self-Determination Theory and Performance in Sport and Business
- Social Psychological Processes in Performance
- Human Development and Performance

- Interventions in Sport and Performance Psychology
- Counselling Performers in Distress
- The Role of the Sport and Performance Psychologist with the Coach and Team
- The Performance Coach
- Single Case Research Methods

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board and located at: <https://www.richmond.ac.uk/university-policies/>

Teaching Methodology:

The course will be taught through a combination of lectures, seminars, tutorials, directed and independent tasks and guided reading. Independent study will be strongly encouraged through the provision of reading lists and tasks to undertake in preparation for upcoming taught sessions. Together, the learning strategies of taught sessions and independent study aim to develop conceptual knowledge of international sport management.

Bibliography:

IndicativeText(s):

Andersen, M. B. (Ed.) (2000). Doing sport psychology. Champaign, IL: Human Kinetics.

Barker, J., McCarthy, P., Jones, M., & Moran, A. (2011). Single Case Research Methods in Sport and Exercise. New York, NY: Routledge.

Carlstedt, R.A. (2013). Evidence-Based Applied Sport Psychology: A Practitioner's Manual. New York, NY: Springer.

Cremades, J.G., & Tashman, L.S. (Eds.) (2014). Becoming a Sport Performance Psychologist: A Global Perspective. New York, NY: Psychology Press.

Horn, T. S. (2008). Advances in Sport Psychology (3rd Edition). Champaign, IL: Human Kinetics.

Kremer, J., & Moran A. (2008). Pure sport: Practical sport psychology. New York, NY: Routledge.

Lavallee, Williams, J., & Jones, M. V. (2008). Key studies in sport and exercise psychology. Maidenhead, England: McGraw Hill.

Murphy, S. (Ed.) (2012). The Oxford Handbook of Sport and Performance Psychology. Oxford, UK: Oxford University Press.

Weinberg, R. S. & Gould, D. (2015). Foundations of Sport and Exercise Psychology (6th edition). Champaign, IL: Human Kinetics.

Journals

International Journal of Sport Psychology

Journal of Applied Sport and Exercise Psychology

Journal of Sport and Exercise Psychology

The Sport Psychologist

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body	Change Actioned by Academic Registry
Annual update	June 2023	
Total hours updated	April 2024	