

## COURSE SPECIFICATION DOCUMENT

<b>Academic School / Department:</b>	Humanities and Social Sciences
<b>Programme:</b>	BA International Sports Management
<b>FHEQ Level:</b>	4
<b>Course Title:</b>	Introduction to Sport Psychology
<b>Course Code:</b>	PSYC 4301
<b>Total Hours:</b>	160
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
<b>Credit</b>	16 UK CATS credits 8 ECTS credits 4 US credits

### **Course Description:**

This course enables students to understand the relevance of psychological issues in sport and sports coaching. The influence of the social context on sports participation and performance is emphasised as fundamental in the study of sport and sport psychology. The development of the discipline and current thinking concerning sporting performance and the sports performer is studied and related to students' personal experiences. The theoretical underpinnings of sport engagement and optimal performance are also explored using case studies, projects, and group interactions. The course examines practical implications and applications of sport psychology via personal experience and use of examples in the media where appropriate to demonstrate theory into practice. An overarching theme of the course is a focus on the use of psychological strategies and interventions to optimize sport experiences, health, well-being and performance of athletes.

### **Prerequisites:**

None

**Aims and Objectives:**

**Aim:** The aim of this course is to introduce students to the fundamental concepts and principles of sport psychology, fostering a critical understanding of the psychological aspects that influence sports participation and performance.

**Objectives:**

- To identify and define key concepts in sport psychology research and practice.
- To apply analytical, critical thinking and problem-solving skills to given case studies and psychological issues in sport
- To develop a critical understanding of the underlying psychological mechanisms of sports participation and performance.

**Programme Outcomes:**

A4(i), B4(i), C4(i), D4(i)

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by Registry and found at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

<b>Course Learning Outcome</b>	<b>Programme Outcome</b>
<b>Disciplinary Knowledge and Understanding</b> Apply core sport psychology theories and methods to analyse and evaluate athlete behaviour and performance.	<b>A4 (i)</b>
<b>Disciplinary Applied Skills</b> Evaluate fundamental psychological concepts and their application to sports performance and athlete well-being.	<b>B4 (i)</b>
<b>Communication Skills</b> Effectively communicate ideas and information in a variety of formats and media, adapting their approach to fit both familiar and unfamiliar contexts.	<b>C4 (i)</b>
<b>Transferable Skills</b> Apply interpersonal, teamwork, and project management skills in both personal and group contexts, contributing to team goals and resolving conflicts.	<b>D4 (i)</b>

**Indicative Content:**

**Sport psychology principles and theories**

motivation theories, personality differences, stress management, self-efficacy, goal setting, and imagery.

**Sport psychological skills training and application**

Students develop a personal Psychological Skills Training (PST) programme, culminating in a final presentation and submission.

**Mental health focus**

By exploring the psychological factors that influence sports participation and performance, students will develop skills to promote mental health and well-being in athletes, contributing to a healthier sporting environment.

**Inclusive Practices and Gender Equality**

The course encourages the application of psychological theories to real-world scenarios, fostering a commitment to inclusive and equitable practices in sports coaching, with emphasis on understanding the role of gender in sports psychology.

**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:**

This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

***Indicative Text(s):***

Dixon, J., Barker, J.B., Thelwell, R.C. and Mitchell, I. eds., 2020. *The Psychology of Soccer: More Than Just a Game*. Abingdon, Oxon: Routledge.

Gallucci, N.T., 2014. *Sport psychology: Performance enhancement, performance inhibition, individuals, and teams*. New York, NY: Psychology press.

Weinberg, R.S., & Gould, D., 2017. *Foundations of Sport & Exercise Psychology (7th ed)*. Champaign, IL: Human Kinetics.

***Journals***

Journal of Applied Sport Psychology

Journal of Sport and Exercise Psychology

Psychology of Sport and Exercise

The Sport Psychologist

Scandinavian Journal of Medicine & Science in Sports

Journal of Athletic Training

**Students are also expected to read other publications relating to sport psychology which are available in the library resources.**

### **Websites**

These websites provide a wealth of information and resources that can enhance students' understanding and application of sport psychology principles. They offer a mix of theoretical knowledge, practical applications, and professional development opportunities. Students are encouraged to explore these resources to deepen their understanding of the field and stay updated on the latest developments in sport psychology.

American Psychological Association (APA), Division of Exercise and Sport Psychology  
[www.apa.org/about/division/div47.html](http://www.apa.org/about/division/div47.html) (Accessed in November 2024)

Association for Applied Sport Psychology (AASP)  
[www.appliedsportpsych.org](http://www.appliedsportpsych.org) (Accessed in November 2024)

British Association of Sport and Exercise Sciences (BASES)  
[www.bases.org.uk](http://www.bases.org.uk) (Accessed in November 2024)

Careers in Psychology  
[www.careersinpsychology.co.uk/home.htm](http://www.careersinpsychology.co.uk/home.htm) (Accessed in November 2024)

European Federation of Sport Psychology (FEPSAC)  
[www.fepsac.com](http://www.fepsac.com) (Accessed in November 2024)

International Association of Applied Psychology (IAAP), Division of Sport Psychology  
[www.iaapsy.org/divisions/division12/](http://www.iaapsy.org/divisions/division12/) (Accessed in November 2024)

International Society for Physical Activity and Health  
<http://www.ispah.org/> (Accessed in November 2024)

International Society of Sport Psychology (ISSP)  
[www.issponline.org](http://www.issponline.org) (Accessed in November 2024)

Japanese Society of Sport Psychology (JSSP)  
<http://www.jssp.jp/en/index.html> (Accessed in November 2024)

North American Society for Psychology of Sport and Physical Activity (NASPSPA)  
[www.naspspa.org](http://www.naspspa.org) (Accessed in November 2024)

Olympic Council of Asia  
[www.ocasia.org](http://www.ocasia.org) (Accessed in November 2024)

Sports Medicine Australia (SMA)  
[www.sma.org.au](http://www.sma.org.au) (Accessed in November 2024)

Sport Psychology Council (SPC)  
[www.sportpsychologycouncil.org](http://www.sportpsychologycouncil.org) (Accessed in November 2024)

See syllabus for complete reading list.

**Change Log for this CSD:**

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition	Nov 2024	