

## COURSE SPECIFICATION DOCUMENT

<b>Academic School/Department:</b>	Richmond Business School/RIASA
<b>Programme:</b>	MSc in International Sports Management and Football Industries
<b>Level:</b>	7
<b>Course Title:</b>	The Psychology of Leadership and Performance in Sport
<b>Course Code:</b>	SPT 7205
<b>Total Hours:</b>	200
Timetabled Hours:	39
Guided Learning Hours:	21
Independent Learning Hours:	140
<b>Semester:</b>	Spring
<b>Credits:</b>	20 UK CATS credits 10 ECTS credits 4 US credits

### **Course Description:**

The Psychology of Leadership and Performance in Sport explores the complex relationship between psychology, leadership, and performance in the context of sports. This course offers a comprehensive examination of the psychological factors that influence leadership effectiveness and individual and team performance in competitive sports settings. Students will gain a deep understanding of theories, research, and practical applications related to sports psychology, leadership, motivation, group dynamics, and performance enhancement techniques.

### **Pre-requisites:**

MSc International Sports Management and Football Industries students only

### **Aims and Objectives:**

The course aims to provide students with a solid foundation in the key theories and concepts of sports psychology, leadership, and performance. This aim will be achieved via the following objectives:

1. Develop students' critical thinking and analytical skills to evaluate psychological theories and apply them effectively in sports contexts.
2. Equip students with the knowledge and skills to effectively analyse and assess individual and team performance in sports settings.

3. Enable students to understand the role of leadership in shaping individual and team behaviors, motivation, and performance.
4. Explore psychological strategies and interventions to enhance leadership skills, motivation, and performance in sports.

### **Programme Outcomes:**

At the end of this course, the students will have achieved the following programme outcomes:

#### **A5; B1-B5; C2-3, C5; D1-D5**

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

### **Learning Outcomes:**

At the end of this course, the students will have achieved the following learning outcomes.

#### **Knowledge and Understanding (A)**

- Demonstrate a comprehensive understanding of key psychological theories and concepts relevant to sports psychology, leadership, and performance.

#### **Cognitive Skills (B)**

- Critically analyse and evaluate the impact of psychological factors on individual and team performance in sports.

#### **Subject specific, practical and professional skills (C)**

- Apply appropriate psychological strategies to enhance leadership effectiveness and individual and team performance.
- Understand the dynamics of group processes and their influence on motivation and performance in sports.

#### **General/transferable skills (D)**

- Communicate ideas, concepts, theories, and arguments to different audiences and contexts, using visual, written, and oral methods.

## **Indicative Content:**

Overall, the MSc course on The Psychology of Leadership and Performance in Sport offers students the opportunity to develop a deep understanding of the psychological factors that shape leadership and performance in sports. The course equips students with the knowledge and skills to apply psychological theories and interventions to enhance leadership effectiveness, motivation, and overall performance in sports contexts.

### 1. Introduction to Sports Psychology:

- Understanding the role of psychology in sports performance
- Historical developments and key theories in sports psychology
- Psychological skills training for athletes and coaches

### 2. Leadership Theories and Styles:

- Exploring different leadership theories and models
- Transformational, transactional, and servant leadership in sports
- Assessing leadership styles and their impact on team dynamics

### 3. Group Dynamics in Sports:

- Group formation and development in sports teams
- Cohesion, communication, and conflict resolution in sports groups
- Enhancing team cohesion and collaboration

### 4. Motivation and Goal Setting:

- Understanding the concept of motivation and its significance in sports
- Goal setting theory and principles for athletes and coaches
- Self-determination theory and its application in enhancing motivation

### 5. Performance Enhancement Techniques:

- Psychological strategies for performance optimisation in sports
- Visualization, mental imagery, and relaxation techniques
- Psychological preparation for competitions and managing performance anxiety

### 6. Communication and Feedback:

- Effective communication skills for coaches and athletes
- Providing constructive feedback and reinforcement in sports settings
- Handling challenging communication situations in sports teams

#### 7. Leadership Development:

- Identifying and developing leadership qualities in athletes and coaches
- Leadership training and mentorship programs in sports
- Ethical considerations in sports leadership

#### 8. Psychometrics and Performance Assessment:

- Use of psychometric assessments in sports psychology
- Evaluating individual and team performance through psychological measures
- Applying feedback from assessments to improve performance

#### **Assessment:**

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

#### **Teaching Methodology:**

This course will incorporate a range of innovative and empowering teaching methods including the use of case studies, simulations and role play, reflective journaling, online learning resources, action research, collaborative projects, experiential learning, in addition to lectures, seminars and workshops.

## **Bibliography:**

- Burton, L.J. and Leberman, S. (eds.) (2017) *Women in sport leadership: Research and practice for change*. London: Taylor & Francis.
- Dixon, J., Barker, J.B., Thelwell, R.C. and Mitchell, I. (eds.) (2020) *The psychology of soccer*. London: Routledge.
- Frawley, S., Misener, L., Lock, D. and Schulenkorf, N. (2019) *Global sport leadership*. London: Routledge.
- Gallucci, N.T. (2013) *Sport psychology: Performance enhancement, performance inhibition, individuals, and teams*. New York, NY: Psychology press.
- Kremer, J., Moran, A. and Kearney, C.J. (2019) *Pure sport: Sport psychology in action*. London: Routledge.
- O'Boyle, I., Murray, D. and Cummins, P. (eds.) (2015) *Leadership in sport*. London: Routledge.
- Tod, D. (2022) *Sport psychology: The basics*. London: Routledge.

## **Suggested Academic Journals:**

1. *Journal of Sport & Exercise Psychology*.
2. *The Sport Psychologist*.
3. *Journal of Applied Sport Psychology*.
4. *Psychology of Sport and Exercise*.
5. *International Journal of Sports Science & Coaching*.
6. *Journal of Sports Sciences*.
7. *Sports Medicine*.
8. *Journal of Leadership & Organizational Studies*.
9. *Leadership Quarterly*.
10. *Journal of Leadership Education*.

## **Suggested Websites:**

These resources offer a mix of foundational literature, academic research, and practical insights into sports psychology, leadership, and performance enhancement, providing students with a well-rounded understanding of the subject matter.

1. Association for Applied Sport Psychology (AASP) - [www.appliedsportpsych.org](http://www.appliedsportpsych.org)
2. American Psychological Association - Division 47 (Exercise and Sport Psychology) - [www.apadivisions.org/division-47](http://www.apadivisions.org/division-47)
3. British Association of Sport and Exercise Sciences (BASES) - [www.bases.org.uk](http://www.bases.org.uk)
4. Sports Science Institute - [www.sportsci.org](http://www.sportsci.org)
5. Mindful Sport Performance Enhancement - [www.mindfulsportperformance.org](http://www.mindfulsportperformance.org)
6. Positive Coaching Alliance - [www.positivecoach.org](http://www.positivecoach.org)

7. Global Leadership Foundation - [www.globalleadershipfoundation.com](http://www.globalleadershipfoundation.com)
  8. The Harvard Business Review - [www.hbr.org](http://www.hbr.org)
  9. TED Talks on Sports Psychology and Leadership - [www.ted.com/topics/sports+psychology](http://www.ted.com/topics/sports+psychology), [www.ted.com/topics/leadership](http://www.ted.com/topics/leadership)
  10. The Sport Journal - [www.thesportjournal.org](http://www.thesportjournal.org)
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Change Log for this CSD:

Major or Minor Change ?	Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic Registry
	Total Hours Updated	April 2024	