

**COURSE SPECIFICATION**  
**DOCUMENT**

<b>Academic School/Department:</b>	Richmond Business School
<b>Programme:</b>	International Sports Management
<b>FHEQ Level:</b>	4
<b>Course Title:</b>	Introduction to Sport Psychology
<b>Course Code:</b>	SPT 4200
<b>Student Engagement Hours:</b>	120
Lectures:	30
Seminar / Tutorials:	15
Independent / Guided Learning:	75
<b>Credits:</b>	12 UK CATS credits 6 ECTS credits 3 US credits

**Course Description:**

This course will introduce students to the relevance of psychological issues in sport and sports coaching. The importance of the social context on sports participation and performance will be emphasized 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 will be studied and related to students' personal experiences. The theoretical underpinnings of sport engagement and optimal performance will be 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:**

- 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
- To apply analytical, critical thinking and problem-solving skills to psychological issues in sport
- To develop a critical understanding of the underlying psychological mechanisms of sports participation and performance.

**Programme Outcomes:**

International Sports Management: A5, A6, A7, B2, B5, C1, D1, D2, D4

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:**

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

- Demonstrate understanding of sport psychology concepts and assess the use knowledge of the discipline to assess the implications for practice within various sport settings.
- Use knowledge of sports psychology to Identify and assess different critical perspectives on psychological skills training in sport.
- Identify key psychological factors that are important for success in sport settings
- Locate a variety of sport psychology sources, evaluate the importance of psychological skills training in sport, and communicate findings effectively.

**Indicative Content:**

- What is Sport Psychology?
- The sports performer: Personality and individual differences
- Motivation
- Understanding sport environments
- Introduction to psychological skills training
- The learning and performance process
- Goal setting
- Self-efficacy and confidence in sport
- Arousal, stress and anxiety
- Enhancing health and well-being

**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:

Teaching will be a combination of lectures, seminar discussions and workshops, using case studies and drawing on students' own experiences where appropriate. Lectures will be designed to cover the fundamental issues and build upon the recommended book chapters from the reading list and additional recommended readings. Students will be advised to supplement lecture notes by reading the relevant indicative reading(s).

The lectures will be participative in nature and will encourage commentary, application to real life scenarios/experiences and questioning to help develop deep learning and understanding, in addition to transferable skills.

Weekly seminars will support and enhance student learning through the exploration and application of their understanding in leadership case studies. Seminar sessions will require both individual and team participation and students will be encouraged to come prepared to participate in class.

### 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.

Nicholls, A. 2022. *Psychology in Sports Coaching: Theory and Practice* 3<sup>rd</sup> Edition. London: Routledge.

Theory and Practice

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

### Journals

### Web Sites

See syllabus for complete reading list

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic
Amendment of course learning outcomes to align with QAA FHEQ Level 4 benchmark descriptors.	13 December 2021	Registry
Various updates as part of the UG programme review	AB JAN 2022	
Revision – annual update	May 2023	