



MODULE SPECIFICATION

Code: USPJM10-10-M **Title:** Skill Acquisition in Sport **Version:** 1

Level: M **UWE credit rating:** 10 **ECTS credit rating:** 5

Module type: Standard

Owning Faculty: Health and Life Sciences **Field:** Psychology

Faculty Committee approval: Quality and Standards Committee **Date:** March 2011

Approved for Delivery by: N/A

Valid from: September 2011 **Discontinued from:**

Contributes towards: MSc Sport and Exercise Psychology

Pre-requisites: None

Co-requisites: None

Entry requirements: N/A

Excluded combinations: None

Learning outcomes:

The student will be able to:

- critically evaluate a number of contemporary theoretical perspectives seeking to explain the acquisition of sport and exercise skills;
- develop and defend a number of position statements on key issues related to the acquisition of skill in sport;
- critically evaluate contemporary research and theory into the co-ordination and control of sporting actions;
- critically evaluate research into key psychological skills in sport and exercise psychology, specifically imagery, goal setting and self-talk and relationship to skill acquisition.

Syllabus outline:

This module will introduce students to the body of empirical work that investigates how skill acquisition is thought to occur in sport, exercise and physical activity, specifically current cognitive theories around skill acquisition, how perception is involved in skill acquisition and the relationship between skill acquisition theory and current practice in sport and exercise psychology. Throughout students will critically evaluate current research and comment on these issues.

During the module students will have the opportunity to take part in a number of learning activities and discussion groups designed to allow them to elaborate and challenge the knowledge they have gained each week. Formative assessment will occur each week and one exam and one written assessment will be undertaken based on prior learning.

Teaching and learning methods:

This module will be delivered solely through a virtual learning environment (VLE), blackboard (BB). The module will consist of activities, one presented each week consisting of core and optional activities. These activities will be supported and elaborated on via asynchronous discussions, problem solving activities and formative weekly tasks. There will be specific support from a named tutor which can be face to face

or via the VLE. Optional tasks will also be included each week of the module.

Reading Strategy

All students will be encouraged to make full use of the print and electronic resources available to them through membership of the University. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. The University library's web pages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will be presented with opportunities within the curriculum to develop their information retrieval and evaluation skills in order to identify such resources effectively.

This guidance will be available in the module handbook, via the module information on Blackboard and through any other vehicle deemed appropriate by the module/programme leaders.

Core module text:

Williams, A.M. and Hodges, N.J. (2004). *Skill Acquisition in Sport*. London: Routledge

Indicative Reading List:

Bruce, V. and Green, P.R. (1995). *Visual Perception: physiology, psychology and ecology* (2nd Edition) Hove: L.E.A.

Davids, K., Savelsbergh, G, Bennett, S.J. and Van der Kamp, J. (2002). *Interceptive actions in sport*. London: Routledge.

Davids, K., Button, C. and Bennett, S. (2008) *Dynamics of Skill Acquisition*. Champaign, Illinois. Human Kinetics.

Kerr, R. (1982). *Psychomotor learning*. New York. Saunders Publishing.

Magill, R.A. (2004). *Motor learning and control: Concepts and applications* (7th Edition) Dubuque, Iowa: McGraw-Hill.

Schmidt, R.A. (1991). *Motor learning and performance*. Champaign, Illinois: Human Kinetics.

Schmidt, R.A. and Wrisberg, C.A. (2000). *Motor Learning & Performance*. Champaign, Illinois: Human Kinetics

Smyth, M. and Wing, A. (1984). *The psychology of human movement*. New York: Academic Press.

The following journals are especially useful to material on this module and will be consulted to support independent study.

- Journal of Sport and Exercise Science.
- Journal of Applied Sports Psychology.
- Research Quarterly for Exercise and Sport.
- Journal of Sports Sciences
- Journal of Sport and Exercise Psychology
- Human Movement Science
- Research Quarterly for Exercise and Sport
- Motor Control
- Psychology of Sport and Exercise
- Perceptual and Motor Skills

Assessment

Weighting between components A and B (standard modules only) A: 40% B: 60%

ATTEMPT 1

First Assessment Opportunity (Sit)

Component A

Description of each element

Element weighting

EX1 Critique of theory of skill acquisition in sport (2 hour exam)

1

Component B Description of each element	Element weighting
CW1 Position statement on a selected theme or topic within skill acquisition (2000 words – Final assessment)	1

Second Assessment Opportunity (Resit) (further attendance at taught classes is not required)

Component A Description of each element	Element weighting
EX1 Critique of theory of skill acquisition in sport (2 hour exam)	1

Component B Description of each element	Element weighting
CW1 Position statement on a selected theme or topic within skill acquisition (2000 words – Final assessment)	1

EXCEPTIONAL SECOND ATTEMPT (Retake): Attendance at taught classes is not required.

Specification confirmed byDate
(Associate Dean/Programme Director)