



Module Specification

Psychological Skills

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Part 1: Information

Module title: Psychological Skills

Module code: USPJTJ-30-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: See learning outcomes.

Outline syllabus: This module will introduce students to the body of empirical work that investigates skill acquisition (cognitive processes), expertise, individual difference and psychological skills in sport and exercise psychology.. These

overarching topic areas will be covered sequential as follows:

Skill acquisition, (cognitive processes) and expertise

Students will learn how skill acquisition is thought to occur in sport, exercise and physical activity, specifically current cognitive theories around skill acquisition and expertise, 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.

The topics covered by session are:

Introduction to skill and expertise

Practice

Information processing

Expertise

Feedback

Observational learning

Lifespan, expertise and skill

Motor skills

Cognition

Psychological skills and individual differences

The topics covered by session are:

Confidence

Goal setting

Psychometrics in sport

Imagery

Biofeedback

Arousal and anxiety

Relaxation

Self-talk

Motivation

Personality

Mental toughness

Stress

Self concept

During the module, students will take part in a range of virtual learning activities and discussion groups designed to allow them to elaborate and challenge the knowledge they have gained each week. Via a number of virtual workshops students will be presented with information on current theory regarding skill acquisition, expertise and key sport psychology skills, engage in group work evaluating theory and research, evidence based approaches to interventions in athletes. Formative assessment will occur each week and two written assessments and an exam will be undertaken based on prior learning.

Part 3: Teaching and learning methods

Teaching and learning methods: This module will be delivered through a virtual learning environment (VLE), Blackboard (BB). The VLE components of the module will consist of activities presented on most weeks, consisting of core and optional activities. These activities will be supported and elaborated on via asynchronous discussions, problem solving activities and formative weekly tasks.

Scheduled learning includes lectures, seminars, tutorials, project supervision, demonstration, and workshops.

Independent learning includes hours engaged with essential reading and learning resources

TEL (Technology advanced learning) Strategy: this module is delivered via a delivery approach using TEL and active learning pedagogies to make a flexible, challenging and enjoyable module for students. TEL is used to delivery teaching and learning activities on a weekly basis, i.e. taking the form of recorded lectures, podcasts,

guided reading, discussion forums, wikki and blog development and completion of reflective logs.

As this module is delivered solely via a virtual learning environment contact time will be via discussion forums, online seminars/classrooms and other VLE resources. The allocation of contact time will be as follows

Approximately 20 online teaching sessions – with virtual contact on average of 6hrs per session (120 hours), as well as 3 seminar days (24 hours) and 100 hours allocated to assessment preparation and submission (244 hours of independent learning in total over the course of the module).

Independent learning associated with online teaching sessions will include recorded lectures, guided reading, blogs, paper critiques, podcasts, discussion group work, intervention design, wikki's, virtual presentations.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Critically evaluate a number of contemporary theoretical perspectives seeking to explain the acquisition of sport and exercise skills

MO2 Psychology, specifically imagery, goal setting and self-talk and relationship to skill acquisition

MO3 Critically evaluate the evidence of the effectiveness of goal setting, relaxation, self talk and imagery in sporting and exercise contexts

MO4 Critically evaluate the evidence investigating the effects of anxiety and pressure on performance and links with arousal

MO5 Critically evaluate mental toughness in sport and exercise performance

MO6 Critically evaluate the relationship between motivation and performance

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 244 hours

Face-to-face learning = 56 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspjtj-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uspjtj-30-m.html>

Part 4: Assessment

Assessment strategy: Summative assessments

The module has two pieces of summative assessment, one essay, one portfolio of presentations. These assessments are most appropriate for assessing learning outcomes as the portfolio of virtual presentations presents a controlled conditions assessment of learning in both skill acquisition and individual differences in sport and the case study is an opportunity for students to apply theory to practice via responses to hypothetical clients, utilising psychological skills training. Together the key academic content of the module is assessed in a way that is both controlled and allows significant choice for the students.

Portfolio of presentations, where students as part of online learning activities present on the topic of that week (skills acquisition and individual differences) with 2 presentations submitted for this assessment

Case study, focusing on using key sport psychology skills applied to sporting contexts, critical literature review and intervention plan (3000 words)

Formative assessments

Throughout the module students will engage in online discussion (focused on the social processes part of the module) with feedback from the module team, also

students will provide feedback on each other's work and send to the module leader at least once a month critiques of papers, articles etc for formative comment.

Assessment tasks:**Presentation (First Sit)**

Description: Portfolio of 2 presentations

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Written Assignment (First Sit)

Description: Case study - 3000 words

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Presentation (Resit)

Description: Portfolio of 2 presentations

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Written Assignment (Resit)

Description: Case study - 3000 words

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5, MO6

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport and Exercise Psychology [Frenchay] MSc 2023-24

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