



Module Specification

Psychology of Sport and Injury

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Part 1: Information

Module title: Psychology of Sport and Injury

Module code: UZYS1G-15-3

Level: Level 6

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

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: Psychology and sport

Psychological precursors to injury

Interventions to reduce injury vulnerability

Models of psychological factors in injury rehabilitation to include biopsychosocial models, psychological models, cognitive appraisal models

Psychological responses to injury, cognitive responses to injury, emotional responses to injury, behavioural responses to injury, positive responses to injury

Sports injury rehabilitation

Adherence to injury rehabilitation

Predictors of sports injury rehabilitation adherence

Enhancing sport injury rehabilitation adherence

The role of the sports therapist in providing psychological support for the injured athlete

Cognitive-behavioural interventions for injured athletes

Interprofessional collaboration

Part 3: Teaching and learning methods

Teaching and learning methods: Scheduled learning includes lectures, practical skills, seminars sessions.

Lectures provide an introduction and summary of the topic area. Practical sessions allow the students to develop observational and assessment skills in a clinical and functional movement context. Seminars/group work include discussion and use of information provided to support learning.

Additionally, students are expected to engage in self study using the resources available on blackboard. A major part of their study time is taken up by preparation for teaching sessions and for the placement experience.

Independent learning includes hours engaged with essential reading, coursework preparation linking with the management approach selected for review. Use of practical experience gleaned whilst on placements will also be required to support

discussion during the module.

Up to 24 contact hours to usually include up to 1 hours theory lecture and 1 hour of practical /seminar/group work per week for 12 weeks.

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

MO1 Demonstrate a critical understanding of the relationship between the psychology of the athlete and injury

MO2 Demonstrate a critical understanding of the psychological models that may be used to reduce the risk of injury

MO3 Discuss the psychological responses to injury

MO4 Discuss the psychological factors that influence adherence to rehabilitation programmes

MO5 Justify the strategies that can be used to facilitate adherence to rehabilitation programmes

MO6 Justify the role of the sports rehabilitator in providing psychological support for the athlete

MO7 Critically evaluate the contribution of the psychological approach, and its integration into other management strategies used to rehabilitate the injured athlete

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 126 hours

Face-to-face learning = 24 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzys1g-15-3.html) via the following link <https://uwe.rl.talis.com/modules/uzys1g-15-3.html>

Part 4: Assessment

Assessment strategy: 2000 word reflective written assignment that assesses the students' ability to understand, examine and provide interventions for psychological issues that present during practice. The reflective case report will provide evidence of clinical reasoning and integration of theoretical principles and use of research evidence.

Assessment tasks:

Reflective Piece (First Sit)

Description: 2000 word reflective written assignment

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7

Reflective Piece (Resit)

Description: 2000 word reflective written assignment

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Sep][FT][Glenside][3yrs] - Withdrawn BSc (Hons) 2021-22