



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: 2025-26

UWE credit rating: 30

ECTS credit rating: 15

College: College of Health, Science & Society

School: CHSS School 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: 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.

Features: Not applicable

Educational aims: The overarching aim of this module is to form a foundation of knowledge around important psychological constructs and processes, as well as

develop an understanding of the use of tangible techniques and practices to utilise in applied sport and exercise practice.

Students will learn how acquisition of sport related skill is thought to occur in sport, exercise and physical activity, specifically focusing on 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.

Students will also engage in current debate around individual differences in sport and how concepts such as mental toughness and resilience are used by researchers and practicing sport psychologists as well as how personality and motivation are both related to acquiring skills, executing skills and performance.

Students will then go on to investigate the research and theory behind the key psychological skills sports psychologists draw on when researching sport psychology and working with athletes.

Outline syllabus: Indicative teaching content typically includes the following:

Skill acquisition, (cognitive processes) and expertise

The topics covered by session typically include:

Introduction to skill and expertise

Experimental design in motor skill learning and performance

Practice design and contextual interference

Expertise

Feedback

Observational learning

Motor skills

Anticipation and perceptual skill

Skilled performance under pressure and implications for learning

Psychological skills and individual differences

The topics covered by session are:

Confidence and self-esteem
Motivation
Personality
Mental Toughness
Resilience
Stress and Arousal
Theory of Challenge & Threat
Biofeedback
Self-Talk
Imagery
Goal Setting
Relaxation techniques
Pre-performance routines
Sleep
Music and video intervention in sport and exercise

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 on-campus 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 opportunity will be presented each week and one video portfolio, and one case proposal will be undertaken to assess 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 each teaching week bar on-campus blocks, 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, demonstration, labs, 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, blog development and completion of reflective logs.

As this module is delivered primarily via a virtual learning environment contact time will be via recorded lectures, discussion forums, online seminars/classrooms, weekly drop-in sessions and other VLE resources. The allocation of contact time will be as follows

Approximately 18 online learning weeks – with virtual contact on average of 6hrs per session (108 hours), as well as 5 seminar sessions (15 hours) and 100 hours allocated to assessment preparation and submission (208 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, discussions, intervention design, and virtual presentations.

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

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

MO2 Critically evaluate the evidence of the effectiveness of psychological skills such as goal setting, relaxation, self talk and imagery in sporting and exercise contexts

MO3 Critically evaluate cognitive processes such as anxiety, arousal and attentional focus, and the impact they have upon performance

MO4 Critically evaluate individual differences and psychological constructs such as motivation, confidence and resilience, with evaluation of antecedents and influence upon factors such as performance.

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

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: The module has two forms of summative assessment:

Task 1: A 3000-word case study, focusing on using key sport psychology skills applied to sporting contexts, critical literature review and intervention plan.

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.

Task 2: 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. Each presentation is 5 minutes long with 500 words of supplementary information per presentation.

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.

Formative assessments

Throughout the module students will engage in weekly learning tasks with opportunity for feedback from the module team. The weekly programme drop-in sessions will also be used as an opportunity for students to further engage with the module content and obtain feedback from peers and the course team.

Assessment tasks:

Presentation (First Sit)

Description: 2 presentations - 5 minutes each

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO4

Case Study (First Sit)

Description: Case study - 3000 words

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4

Presentation (Resit)

Description: 2 presentations - 5 minutes each.

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO4

Case Study (Resit)

Description: Case study - 3000 words

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport and Exercise Psychology [Frenchay] MSc 2025-26

Sport and Exercise Psychology [Frenchay] MSc 2025-26

Sport and Exercise Psychology [Frenchay] MSc 2025-26

Sport and Exercise Psychology [Frenchay] MSc 2025-26