



Module Specification

Contemporary Issues in Sport Psychology

Version: 2025-26, v2.0, 29 Jan 2025

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Part 1: Information

Module title: Contemporary Issues in Sport Psychology

Module code: USPJTG-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: The module is designed to enable students to develop a broader understanding of contemporary issues in sport psychology. Specifically, these incorporate social processes, lifespan factors and mental health issues affecting athletes throughout their career and across all levels of sport competition.

Features: Not applicable

Educational aims: This module encourages students to critically apply theoretical perspectives and research to provide evidence based recommendations to enhance athletic performance and support wellbeing. Specifically, when athletes are presented with social, developmental and lifespan challenges during their sporting career.

Outline syllabus: Indicative teaching content typically includes the following;

Social processes;

Parents in sport

Leadership

Coach-athlete relationships.

Group dynamics and team building

Organisation and culture

Group processes and social identity

Lifespan factors:

Overtraining

Injury

Transitions

Retirement

Youth sport

Athlete identity

Racism

Disability

Sexuality

Women

Doping

Mental health issues

Mental health in sport

Body image

Anxiety and pressure

Addiction

Eating disorders

Part 3: Teaching and learning methods

Teaching and learning methods: This module will be delivered through a blended learning approach incorporating face to face teaching on campus and online sessions via the university's Virtual Learning Environment (VLE) Blackboard (BB). The VLE components of the module will consist of activities presented each week consisting of core and optional activities. These will include recorded lectures, guided reading, blogs, paper critiques, podcasts, asynchronous discussions, problem solving and intervention design through case studies and virtual presentation. Formative tasks will also be set to provide further opportunities for feedback.

Scheduled learning in face to face sessions will include lectures, seminars, tutorials, demonstrations, labs, and workshops on campus.

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.

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

MO1 Critically apply theoretical perspectives and research on social processes in sport, and evaluate their impact upon performance and wellbeing

MO2 Demonstrate a critical understanding of developmental and lifespan factors that athletes may experience, and the subsequent role of applied sport psychology.

MO3 Develop a critical awareness of mental health in sport, including symptomology, prevalence, risk-factors, and treatment.

MO4 Demonstrate an applied understanding of the management of athlete mental health in performance environments and the ethical considerations surrounding this.

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/uspjtg-30-m.html) via the following link <https://uwe.rl.talis.com/modules/uspjtg-30-m.html>

Part 4: Assessment

Assessment strategy: The module has two summative assessments; one online video presentation (50%) and one essay (50%).

Assessment task 1:

A 20-minute online video presentation with accompanying audio and screen capture. Students will select an appropriate social process (e.g. leadership, group dynamics etc) and critically review the contemporary theoretical perspectives and research that examines the relationship between this process and performance and wellbeing in athletes.

Assessment task 2: A 3000 word essay focusing on an exploration of how athlete lifespan factors (e.g. racism, retirement) can affect mental health in athletes.

Assessment tasks:

Presentation (First Sit)

Description: A 20-minute online presentation

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO4

Written Assignment (First Sit)

Description: A 3,000 word essay

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO2, MO3, MO4

Presentation (Resit)

Description: A 20-minute online presentation

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO4

Written Assignment (Resit)

Description: A 3,000 word essay

Weighting: 50 %

Final assessment: Yes

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

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