

Applied Sports Psychology

Module Number: SP-014

Notional hours: 150

Credits value: 15

Level: 2

Description of module

Applied sport psychology is increasingly being used by athletes, coaches and management to achieve and maintain world class performance. This module considers some of the approaches the sport psychologist can take to work with the athlete and support team in order to achieve optimal performance. This module develops ideas introduced in *Sport and Exercise Psychology* but places emphasis on sport psychology. Students will develop their understanding of the importance of a solid theoretical approach to all applied work and consider the significance of providing psychological support beyond the traditional interventions.

Key features to Planned Experience

An active student-centred approach should be emphasised. This could be achieved through group discussions and debates, case studies and reports of work with athletes, simple research studies, and practical experiences receiving and delivering interventions. Although this module requires theoretical input, this should always be related to applied situations in sport. Sport-specific research relating to theoretical concepts will be emphasised although some concepts from fundamental psychology will be helpful.

The emphasis in the module is the promotion of a mechanism-based approach to applied sport psychology. Real-life case studies would be advantageous.

Learning outcome 1 should provide the first assessment which should focus on the needs analysis stage of support and should carry 30% of the overall assessment weighting. Students could be encouraged to analyse the psychological components of a skill and optimal performance in that skill. This profile could then be used in the development of assignment 2.

Learning outcomes 2, 3 and 4 may be assessed through an integrated assignment since professional and ethical practice underpins all of applied sport psychology support and should carry 70% of the overall assessment weighting. The inclusion of outcome 4 will ensure that factors in addition to the typical interventions-based approach are included in the psychological support programme. For example, from the psychological skills requirement and psychological profile developed in assignment 1, students could design a psychological skills training programme for an athlete-based profile and justify the choice of any psychological interventions. All supporting issues from the professional and ethical practice and counselling sections of the module would need to be explicitly stated in the subsequent programme of support.

Applied Sports Psychology

Module Number: SP-014

Module outcomes and indicative content

1: Investigate psychological factors relating to optimal sports performance

The role of the sport psychologist: history of sport psychology; philosophical models of practice; research; consultation; education; athlete support; psychological skills analysis; assessment in sport psychology

Confidence and sports performance: sport confidence theory; relationship between confidence and sports performance; mental toughness

Concentration and sports performance: components of attention; categories of attentional focus; shifting attentional focus; characteristics of effective concentration; common attentional problems; assessing attentional style; pre-performance routines; functionally equivalent mental training

Expert sport performance: developing and retaining sports expertise; the role of the sport psychologist in practice and learning

2: Evaluate a range of psychological intervention strategies for performance enhancement

Cognitive and behavioural interventions: arousal control techniques; the matching hypothesis; progressive muscular relaxation; autogenic training; cognitive-affective stress management training; systematic desensitisation; biofeedback; simulation training; cognitive restructuring; imagery; combination training; coping strategies; hypnosis; psychological skills training; developing a psychological skills training programme for an athlete

3: Investigate the professional and ethical considerations inherent in sport psychology practice

Professionalism in sport psychology: British Association of Sport and Exercise Sciences (BASES) and the Code of Conduct; confidentiality; the supervised experience process and accreditation in sport psychology support; British Psychological Society (BPS) and statutory regulation; the World Class Programme in Elite UK sport — the role of the sport psychologist; ethics in sport psychology; the needs analysis process; the assessment and evaluation process in sport psychology; the referral process in sport psychology; working with minors; continuing professional development

Applied Sports Psychology

Module Number: SP-014

4: Explore the concept of sport psychology work beyond interventions

The sport psychologist as counsellor: counselling interventions in applied sport psychology; life skills; working as part of a multi- and interdisciplinary- sport science support team; working with and through the coach; working with the invisible support team — family and friends; the student athlete; working with individual athletes and working with teams; working with the injured athlete; athletic career transitions and retirement; case studies

Applied Sports Psychology

Module Number: SP-014

Dedicated resources

A module resource pack containing magazine articles, individual chapters from books and research articles would be useful to give students the opportunity to undertake additional personal research.

Indicative reading

Cockerill, I — *Solutions in Sport Psychology* (Thomson Learning, 2001) ISBN: 186152773X

Cox, R H — *Sport Psychology: Concepts and Applications – 5th Edition* (McGraw-Hill, 2001) ISBN: 0071121889

Lavellee, D / Kremer, J / Moran, A P and Williams, M — *Sport Psychology: Contemporary Issues* (Palgrave Macmillan, 2004) ISBN: 1403904685

Moran, A P — *Sport and Exercise Psychology Textbook: A Critical Introduction* (Routledge, 2003) ISBN: 0415168090

Murphy, S M — *Sport Psychology Interventions* (Human Kinetics, 1995) ISBN: 0873226593

Van Raalte, J L and Brewer, B W — *Exploring Sport and Exercise Psychology* (American Psychological Association, 1996) ISBN: 1557983550