

**Module Title: Sports Psychology****Module Code: SPS301****Programme Title:** Bachelor of Sports and Health Sciences**Credit Value:** 12 credits**Objectives of the module**

The module aims to equip students with relevant concepts in sports psychology to develop a full understanding of motivational aspects and utilize them to enhance performance in sports and exercises. It will also introduce students to wide range of concepts including mindfulness and meditation, theoretical and practical orientation practices associated with skills acquisition in sport and exercise settings.

**Learning Outcomes**

On completion of the module, students will be able to:

1. Explain what flow relates when performing a technique skill or a tactics.
2. Describe on how athletes get into flow.
3. Justify how mindfulness and meditation reduces sports anxiety and increase our likelihood to experience flow.
4. Execute mindfulness and meditation practices using the guidelines provided through the module.
5. Explain the factors affecting the psychology of a person while participating in sports.
6. Explain the complex interaction between personal and situational factors influencing performance and behaviour in sport, exercise and physical education.
7. Identify the impact on socio-psychological development of the young participants involved in sports.
8. Describe the nature of group dynamics within the realm of the competitive sports and exercise environments.
9. Identify and explain the psychological skills required to enhance performance in sports and exercise.

**Teaching and Learning Strategies:**

This 12-credit module will be taught in 15-weeks long semester, through a good mix of class lecture using PowerPoints, hands-on practical sessions, role plays, group work in-class, and online discussions and class participation. Following will be the breakup of hours for the varied teaching-learning approaches including self-study:

<b>Approach</b>	<b>Hours per week</b>	<b>Total credit hours</b>
Lectures & class discussions including case study and role plays	3	45
Films/ documentaries	1	15
Independent study	4	60
Total		120

**Assessment Approach**

Assessment mode	Quantity	Weighting
Assignments	2	20%
Class Tests	2	10%
Class participation		10%
Midterm Examination	1	10%
Total Continuous Assessment (CA)		50%
Summative Assessment (2.5 Hours written examination)	1	50%

### Subject Matter

Session (Hours)	Topics	Teaching & Learning Strategies	Mode of Assessment
1(15 Hrs)	<p><b>Unit I. Introducing of the concept of 'Flow' in Sports and Games</b></p> <p>1.1. What is the Zone?</p> <p>1.2. Why do we call it flow?</p> <p>1.3. How do we get into flow?</p> <p>1.4. How athletes get into flow</p> <p>1.5. What are the 9 Dimensions of flow?</p> <p>1.5.1. Challenge skill balance</p> <p>1.5.2. Action awareness Merging</p> <p>1.5.3. Clear Goals</p> <p>1.5.4. Unambiguous Feedback</p> <p>1.5.5. Total Concentration on the task at hand</p> <p>1.5.6. Sense of control</p> <p>1.5.7. Loss of self-consciousness</p> <p>1.5.8. Transformation of time</p> <p>1.5.9. Autotelic experience</p> <p>1.6. How can flow improve our sports performance?</p> <p>1.7. What keeps us from experiencing flow?</p>	<p>Lecture, discussion (Peer, group, and class), presentation, video clips, and VLE</p> <p>Discussion</p>	Assignment
2(15 Hrs)	<p><b>Unit II. Defining Sport Psychology</b></p> <p>2.1. Introduction to the major perspectives in mainstream social psychology</p> <p>2.2. Brief review of the history of sport and exercise psychology</p> <p>2.3. Understanding the main orientations: Psycho-physiological, Social-Psychological and Cognitive-behavioural</p> <p>2.4. Psychological Tests</p>	<p>Lecture, discussion (Peer, group, and class), presentation, video clips, and VLE</p> <p>Discussion</p>	Class test

	<p>2.5. Achievement motivation of a particular subject</p> <p>2.6. Sports specific personality test</p> <p>2.7. Measure attitude, self-confidence and aggression of an individual</p> <p>2.8. Personality and Sport</p> <p>2.9. Define personality structure</p> <p>2.10. Five approaches to understanding personality in sport</p> <p>2.11. Measuring personality &amp; understanding the role of the teacher-coach in the judicious applications of personality measures</p>		
3(10 Hrs)	<p><b>Unit III Motivation in Sport</b></p> <p>3.1. Define motivation and highlight the three approaches</p> <p>3.2. Achievement motivation and Competitiveness</p> <p>3.3. Need achievement theory</p> <p>3.4. Attribution Theory</p> <p>3.5. Achievement Gold Theory</p> <p>3.6. Competence Motivation Theory</p>	Lecture, Role play, video presentations, and discussion	
4(20 Hrs)	<p><b>Unit IV. Arousal, Stress and Anxiety</b></p> <p>4.1. Defining arousal and anxiety</p> <p>4.2. Understand the stress process</p> <p>4.3. Arousal performance theories: Drive, Inverted-U, IZOF, Multi-Dimensional Anxiety, Catastrophe and Reversal</p> <p>4.4. How arousal influence performance through changes in muscle tension and coordination, attention and concentration</p> <p>4.5. Applying the science to professional practice.</p>	Lecture, discussion, case study, VLE Discussions	Mid-term Examination
5(20 Hrs)	<p><b>Unit V. Understanding the sport environment and focusing on the group processes</b></p> <p>5.1. Competition and Cooperation</p> <p>5.2. Feedback, Reinforcement and Intrinsic Motivation</p> <p>5.3. Group and Team Dynamics and Group Cohesion</p> <p>5.4. Leadership and Communication</p> <p>5.5. Introduction to Psychological Skills</p> <p>5.6. Arousal Regulation</p> <p>5.7. Imagery</p>	Lecture, discussion (Peer, group, and class), Role play, videos (Ted Talks)	Assignment

	5.8. Self-confidence 5.9. Goal-setting 5.10. Concentration		
6(20 Hrs)	<b>Unit VI. Enhancing Health and Wellness and Facilitating Psychological Growth</b> 6.1. Exercise and psychological wellness 6.2. Adherence, Addiction and Burnout 6.3. Children and Sport psychology 6.4. Aggression in Sport 6.5. Character Development and Sportsmanship	Lecture, discussion (Peer, group, and class), presentation, video clips, and VLE Discussion	
7(20 Hrs)	<b>Unit VII. Mindfulness Meditation</b> 7.1. How can mindfulness meditation reduce sports anxiety and increase our likelihood to experience flow? 7.2. What is Mindfulness meditation 7.3. Mindfulness Meditation guidelines 7.4. Mindfulness meditation Exercise for athletes including Yoga 7.5. Diaphragmatic breathing exercise with power pose 7.6. Mindful Body Scan 7.7. Full body progressive muscle relaxation 7.8. Sports visualization 7.9. Mindful Walking meditation	Lecture, discussion (Peer, group, and class), presentation, video clips, and VLE Discussion accompanied by demonstration, practice and practical execution	Class test

**Reading List:**  
**Mandatory Reading**

- Davids, K., Button, C., & Bennett, S. (2008). *Dynamics of skill acquisition. A constraints-led approach*. Champaign, IL: Human Kinetics.
- Weinberg R.S., & Gould, D. (2006). *Foundations of sport and exercise psychology* (4th Ed.) Champaign, IL: Human Kinetics.