

Module code: MOD004109		Version: 9 Date Amended: 20/Mar/2024	
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1. Module Title	
Psychological Profiling for Sport	

2a. Module Leader	
Matthew Jewiss	

2b. School	
School of Psychology, Sport and Sensory Sciences	

2c. Faculty	
Faculty of Science and Engineering	

3a. Level	
5	

3b. Module Type	
Standard (fine graded)	

4a. Credits	
15	

4b. Study Hours	
150	

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Sport and Exercise Science, BSc (Hons) Sport Coaching and Physical Education		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

The role of psychology in optimising sport performance is becoming increasingly recognised with many athletes now employing the services of sport psychology consultants and using mental skills in training and preparation for competition. Before designing an effective sport psychology intervention programme you must undertake a process of assessment and profiling to identify the mental strengths and weaknesses of the athlete. Within this module you will extend the knowledge you have gained at level 4, and we will specifically focus on the assessment methods needed to develop psychological profiles of athletes. For example, you will learn to use performance profiling and to conduct intake interviews. You will be challenged to examine the findings from this psychological assessment in relation to psychological theories to explain specific performance issues in the applied setting. The latest research within the topic areas will be examined and discussed and you will be encouraged to apply this research to case study scenarios and real-life situations in seminars and assignments. The module will be delivered through weekly sessions, combining lecture, seminar, active learning and practical elements. The module will be of particular interest to those who are planning careers in sport coaching or sport science support.

Within the module you will develop the following key skills for a practitioner working in sport.

- Identify and assess clients' expectations, needs and requirements, negotiating clients' priorities to maximise potential effects.
- Review psychological literature and other information sources for relevant advice, research findings, research methods and interventions.
- Consider use of validated psychometric tests and ensure that new measures are adequately assessed in relation to their psychometric properties, and/or appropriate qualitative techniques.

6b. Outline Content

- Theoretical frameworks and models to deliver sport psychological support.
- Psychological assessment and profiling methods
- Questionnaires, Interview, Observation and Performance Profiling
- Analysing and interpreting assessment methods
- Psychological factors influencing sport performance (e.g., injury, parental involvement and burnout)
- Professional boundaries, ethical considerations and athlete referral

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Sport and Exercise Science Laboratories

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Demonstrate a detailed knowledge of profiling, data collection and analysis techniques in sport psychology
2	Knowledge and Understanding	Identify, analyse and interpret sport psychology related performance problems
3	Intellectual, practical, affective and transferrable skills	Access, evaluate, interpret and communicate sport psychology literature and data.

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-3	Lecture 1 hr x 12 weeks
Other teacher managed learning	24	1-3	Active learning sessions 2 hr x 12
Student managed learning	114	1-3	Work on assignments and preparation for class (reading and going over previous lectures)
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-3	80 (%)	Fine Grade	30 (%)
Coursework (1800 words equivalent) consisting out of a portfolio of evidence related to the development of a psychological profile of an athlete. This module will include Live Briefs as part of its assessments					

Assessment components for Element 010				
Component No.	Assessment Title	Submission Method	Weighting (%)	Components needed for Mark Calculation?
010/1	Psychological Report 1	Canvas	33 (%)	All
010/2	Psychological Report 2	Canvas	33 (%)	
010/3	Psychological Report 3	Canvas	34 (%)	

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	2-3	20 (%)	Fine Grade	30 (%)

Series of online CBA assessments (750 words equivalent)

Assessment components for Element 011			
Component No.	Assessment Title	Submission Method	Components needed for Mark Calculation?
011/1	Online CBA Assessment 1	Scheduled Activity: Timetabled assessment task	Best 4 out of 5. All components used in calculation are equally weighted
011/2	Online CBA Assessment 2	Scheduled Activity: Timetabled assessment task	
011/3	Online CBA Assessment 3	Scheduled Activity: Timetabled assessment task	
011/4	Online CBA Assessment 4	Scheduled Activity: Timetabled assessment task	
011/5	Online CBA Assessment 5	Scheduled Activity: Timetabled assessment task	

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

(a) achieve the qualifying mark for each element of fine graded assessment as specified above

(b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]