Module Definition Form (MDF)

Module code: MOD005686	**Version:** 5 **Date Amended:** 02/Jul/2024

1. Module Title
Contemporary Issues in Sport, Exercise and Performance Psychology

2a. Module Leader
Francesca Cavallerio

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

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

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 (all variants) BSc (Hons) Sports Coaching and Physical Education (all variants at Cambridge)		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

The advancement of knowledge, applications, technology and theories in the sport, exercise and performance psychology domain is rapidly increasing. Thus, contemporary issues and "hot" topics in the domain are constantly changing. Through a flipped teaching approach, this module will consist of a series of integrated lectures and practical activities, which will allow you to discover the most up-to-date topics discussed in national (e.g., BASES) and international (e.g., AASP, ISSP, FEPSAC) Sport and Exercise Psychology conferences. Furthermore, the transfer and adaption of current and innovative research and technology from the general psychology domain will be presented and discussed. You will be encouraged to reflect and discuss topics that not only focus on the fields of sport and exercise, but also from areas that can be related to the concepts of Performance Psychology (e.g., military, arts, health). This module helps develop a number of transferable skills relevant to general employment including problem solving, creativity, teamwork and thinking "outside of the box".

6b. Outline Content

• Overview of topics presented in recent sport psychology conferences (e.g., AASP, FEPSAC, ISSP, BASES)

• Discuss innovative technology in the domain (e.g., eye tracking, virtual reality, EEG)

• Present new and updated theories (e.g., shared mental models, mindfulness, challenge and threat)

• Transferring and adapting innovative ideas from the general psychology domain (e.g., decision making approaches, categorisation, group dynamics, learning)

• Methods of developing innovative technology

• Learning to critique current theories and models

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

None

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	Show an awareness of the major contemporary issues within sport, exercise, and performance psychology
2	Intellectual, practical, affective and transferrable skills	Critically evaluate current research and apply this to practical applications in applied settings
3	Intellectual, practical, affective and transferrable skills	Engage effectively in dissemination of knowledge through innovative communication strategies

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 2 hr x 6 weeks
Other teacher managed learning	24	1-3	Active learning sessions 1hr x 6 weeks + 3 hrs x 5 weeks Assessment tutorial 3 hrs x 1 week
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

The assessment for some modules includes a presentation (see below for details on how this particular module is assessed). We recognise that presenting, especially to a large group, can cause significant anxiety or distress for some students. If this may affect you, please contact your Module Leader or the Disability and Neurodiversity Service as early as possible. We will work with you to consider appropriate reasonable adjustments. Depending on your individual needs, these might include, for example, presenting to a smaller group or presenting only to a member of academic staff.

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-3	50 (%)	Fine Grade	30 (%)
Group portfolio of written work focusing on dissemination of chosen contemporary issue to academic and professional audience.					

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	1-2	50 (%)	Fine Grade	30 (%)
Individual Viva Voce based on content of lectures and additional readings					

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]