Module Definition Form (MDF)

Module code: MOD005695	**Version:** 5 **Date Amended:** 10/Feb/2026

1. Module Title
Applied Sport Psychology

2a. Module Leader
Matthew Jewiss

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

An effective support team makes use of various sports and exercise sciences, such as physiology, biomechanics, and psychology, to help improve the performance of an athlete, of a team, or the quality of life of the general public. In Applied Sport Psychology we'll explore how to plan a sport psychology intervention, from the different perspectives that can be adopted by practitioners, to understanding when and how different psychological skill training techniques (e.g., goal setting, imagery, mindfulness) can be used. Through the adoption of a flipped learning approach, you'll be engaging with the latest research within the topic areas and you'll learn how to examine and critique it. Together with the members of your team, you'll then be encouraged to apply this research to case study scenarios. Guest speakers with expertise in the areas explored will add richness to the content and variety of the module, which will consist of a series of lectures mixed with practice-based sessions. As well as providing you with subject-specific knowledge, this module also helps develop a number of transferable skills relevant to general employment including interpersonal skills, data collection, handling, presentation, and reflective practice. The content is therefore appropriate for students following both the Sport and Exercise Science and the Sport Coaching and Physical Education courses

6b. Outline Content

- Goal setting - Theory and practice
- Imagery - Theory and practice
- Relaxation techniques
- Self-talk – Theory and practice
- Needs Assessment (e.g. intake interviews, performance profiling) – Theory and practice

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	Critically evaluate current knowledge relating to sport psychology assessments and interventions.
2	Knowledge and Understanding	Critically assess the ethical and quality assurance issues which may be experienced when delivering sport psychology support.
3	Intellectual, practical, affective and transferrable skills	Demonstrate high levels of reflective practice and ethical consideration in planning, developing and delivering sport psychology interventions
4	Intellectual, practical, affective and transferrable skills	Critically analyse sport psychology literature in order to construct informed and well-supported arguments

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	22	1-4	Lecture 2 hrs x 11 weeks
Other teacher managed learning	14	1-4	Active learning sessions 1hr x 11 weeks Assessment tutorial 3 hrs x 1 week
Student managed learning	114	1-4	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	1-4	100 (%)	Fine Grade	30 (%)
Portfolio to include group presentation and written coursework (3000 words equivalent)					

Assessment components for Element 010				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
010/1	Written Coursework (1000 word equivalence)	Canvas	35 (%)	All
010/2	Group presentation 15 minutes with 3 minutes questions	Scheduled Activity: Timetabled assessment task	65 (%)	

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]