Module Definition Form (MDF)

Module code: MOD010857	**Version:** 1 **Date Amended:** 20/Feb/2025

1. Module Title
Advanced Topics in 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
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

Within this module you'll extend the knowledge you've gained at level 4. Specifically, we'll focus on more advanced Sport Psychology topics from a theoretical, evidence based and practical perspective and explore their associations with sport performance and wellbeing. For example, we'll explore in depth challenge and threat states, mental toughness, parental involvement, injury and burnout. The latest research within each of the topic areas will be examined and discussed. You'll be encouraged to apply this research to case study scenarios and real-life situations in your seminars and assignments. In addition, through discussion of case studies you'll gain the opportunity to analyse and interpret different research methodologies as applied in the Sport Psychology domain (e.g., interviews) and understand discipline related challenges concerning ethical considerations and professional boundaries. The module will be delivered through weekly sessions combining lecture, seminar and independent learning activities.

6b. Outline Content

-Psychological factors influencing sport performance and wellbeing (e.g., injury, parental involvement, burnout, challenge and threat states, mental toughness).

-Analysing and interpreting research methods in Sport Psychology (such as questionnaires, interviews, observation and performance profiling)

-Theoretical frameworks, ethical considerations, professional boundaries and models to deliver sport psychological support

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 research methods and data collection and analysis techniques in sport psychology
2	Intellectual, practical, affective and transferrable skills	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	19	1-3	1 x 3-hour lecture, 8 x 2-hour lectures
Other teacher managed learning	9	1-3	3 x 2-hour seminars, 3 x 1-hour assessment support sessions
Student managed learning	122	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	80 (%)	Fine Grade	30 (%)
Written portfolio (1800-word equivalent) consisting of three short reports (600 word equivalent each).					

Assessment components for Element 010				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
010/1	Written report 1	Canvas	33 (%)	All
010/2	Written report 2	Canvas	33 (%)	
010/3	Written 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 (%)
One online CBA (500 words equivalent)					

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]