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| <b>Module code:</b> MOD010864 | <b>Version:</b> 1 <b>Date Amended:</b> 07/Mar/2025 |
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| <b>1. Module Title</b>                           |
| Psychological Fundamentals in Sport and Exercise |

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| <b>2a. Module Leader</b> |
| Phil Hillson             |

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| <b>2b. School</b>                                |
| School of Psychology, Sport and Sensory Sciences |

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| <b>2c. Faculty</b>                 |
| Faculty of Science and Engineering |

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| <b>3a. Level</b> |
| 4                |

|                        |
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| <b>3b. Module Type</b> |
| Standard (fine graded) |

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| <b>4a. Credits</b> |
| 30                 |

|                        |
|------------------------|
| <b>4b. Study Hours</b> |
| 300                    |

|                                                    |                    |                    |                  |
|----------------------------------------------------|--------------------|--------------------|------------------|
| <b>5. Restrictions</b>                             |                    |                    |                  |
| <b>Type</b>                                        | <b>Module Code</b> | <b>Module Name</b> | <b>Condition</b> |
| Pre-requisites:                                    | None               |                    |                  |
| Co-requisites:                                     | None               |                    |                  |
| Exclusions:                                        | None               |                    |                  |
| <b>Courses to which this module is restricted:</b> |                    |                    |                  |

## LEARNING, TEACHING AND ASSESSMENT INFORMATION

### 6a. Module Description

A cornerstone of human behaviour is our individuality, and despite us being social animals and having an in-built need to belong, we retain our unique traits and characteristics across all contexts, including sport and exercise. In this module, you'll investigate a wide range of psychological aspects that contribute to these behaviours and understand how people relate to themselves and others. You'll be introduced to fundamental psychological constructs, domains and paradigms and develop an understanding of the historical development of different psychological approaches, leading to a critical appraisal of their respective roles in facilitating our understanding of human behaviour. You'll focus on the facets of human behaviour that are highly individualised and contextualised within sport and exercise. You'll evaluate the extent to which individuality impacts our behaviours in sport and exercise contexts. You'll gain a holistic overview of how critical the role of psychology is for anyone involved in sport or exercise.

### 6b. Outline Content

Indicative content will include:

- Developing an understanding of the varying approaches and paradigms within Psychology
- These include Biological, Social, Developmental & Cognitive paradigms
- Developing a critical appraisal of a range of psychological approaches, comparing these approaches for applicability, reliability and validity.
- Applying the relevant approaches in psychology to a health, exercise or sport context, demonstrating an awareness of both the context and the individuality of the person.

### 6c. Key Texts/Literature

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

### 6d. Specialist Learning Resources

N/A

| 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                                 | Discuss the relevant impact and contribution, over time, of the different topics and approaches within psychology and the contribution of the key individual differences/characteristics that define individualised behaviour |
| 2                                          | Knowledge and Understanding                                 | Explain and evaluate the significance of these topics and approaches in understanding human behaviour.                                                                                                                        |
| 3                                          | Knowledge and Understanding                                 | Explain and evaluate the significance of a range of identified individual differences/characteristics in understanding human behaviour.                                                                                       |
| 4                                          | Intellectual, practical, affective and transferrable skills | Demonstrate an understanding of applying these topics and approaches within a sport and exercise context.                                                                                                                     |
| 5                                          | Intellectual, practical, affective and transferrable skills | Demonstrate an understanding of the application of these differences/characteristics within a sport and exercise context.                                                                                                     |
| 6                                          | Intellectual, practical, affective and transferrable skills | Develop presentation skills via formative feedback group presentation/discussion activities, enhancing discussion, debate and evaluative skills.                                                                              |

| 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                                                | 60    | 1-6               | 3-hour lecture per week                                                              |
| Other teacher managed learning                          | 20    | 1-6               | Individual and small group seminars, and peer discussion/collaboration opportunities |
| Student managed learning                                | 220   | 1-6               | Additional reading, tasks, synthesis and assessment preparation                      |
| TOTAL:                                                  | 300   |                   |                                                                                      |

| 9. Assessment for the above Module Occurrence |                   |                   |               |                         |                     |
|-----------------------------------------------|-------------------|-------------------|---------------|-------------------------|---------------------|
| Assessment No.                                | Assessment Method | Learning Outcomes | Weighting (%) | Fine Grade or Pass/Fail | Qualifying Mark (%) |
| 010                                           | Coursework        | 1,2,4             | 50 (%)        | Fine Grade              | 30 (%)              |
| 3000-word written submission                  |                   |                   |               |                         |                     |
| Assessment No.                                | Assessment Method | Learning Outcomes | Weighting (%) | Fine Grade or Pass/Fail | Qualifying Mark (%) |
| 011                                           | Practical         | 1,3,5,6           | 50 (%)        | Fine Grade              | 30 (%)              |
| 20-minute presentation                        |                   |                   |               |                         |                     |

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]