

Applications of Sport Psychology

School of Sport & Exercise Sciences

College of Life and Environmental Sciences

Details

Code 23609

Level of study Second Year

Credit value 20

Semester 1 & 2

Pre-requisite modules Psychological foundations [23609](#)
([/undergraduate/studyabroad/modules/data/10/36/36/02/36/23609.aspx](http://undergraduate/studyabroad/modules/data/10/36/36/02/36/23609.aspx))

Module description

A sound understanding of psychological theories and the ability to critically evaluate relevant empirical evidence are important prerequisites for successful application of psychological knowledge in sport and exercise science. This module provides an overview of various sport and exercise psychology topics at an intermediate undergraduate level. The significant role of individual characteristics and social processes when designing interventions to enhance sport performance and exercise participation is explained.

Teaching and learning methods

Lectures and independent learning

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