Module Descriptor

Title	The Psychology of Sport		
Session	2026/27	**Status**	Published
Code	SPOR09058	**SCQF Level**	9
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Drew Wallace		

Summary of Module

This module advances the knowledge of psychology and human behaviour covered in previous modules. The students will explore and apply psychological theories and research within the context of sport. Through the introduction and evaluation of key psychological approaches and topics, the module aims to facilitate a contemporary understanding of human behaviour in sport. The module will equip students with critical insight into how psychological factors can influence athletic experience and performance which can be applied towards the optimisation of training and competition environments.

Universal

Analytical

Emotionally intelligent

Collaborative

Ethically-minded

Work Ready:

Problem-solver

Effective Communicator

Digitally literate

Successful:

Innovative

Resilient

Transformational

Successful completion (including achieving a pass) of this module SPOR09058 The Psychology of Sport by BSc (Hons) Sport & Exercise Science students* partially fulfils CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) endorsement for the professional standard: Working with People with Long Term Conditions (along with other modules, including at L10, also required to achieve endorsement). CIMSPA have career advice and further learning resources available for members. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

*The Working with People with Long Term Conditions is only available to BSc (Hons) Sport & Exercise Science (and those on the Physical Activity & Health pathway) students as it aligns

with modules which are specific to this programme; students on other programmes can obtain CIMSPA professional standards across specific modules.

Module Delivery Method	**On-Campus**[1] ☒	**Hybrid**[2] ☐	**Online**[3] ☐	**Work -Based Learning**[4] ☐
Campuses for Module Delivery	☒ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)	

Terms for Module Delivery	Term 1	☒	Term 2	☐	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Describe and interpret psychological variables and approaches to understanding experiences of sport.
L2	Analyse key psychological variables which influence an individual's experience of sport.
L3	Critically apply psychological research and theories to explain an individual's responses in sport contexts.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 9** Demonstrating a critical understanding of psychological variables which are thought to influence an individual's experience of sport and understand the interaction between psychological variables. Critically evaluating contemporary psychological research and theories to explain an individual's responses in sport contexts.

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

Practice: Applied Knowledge and Understanding	**SCQF 9** Applying psychological theories and principles to real world sport contexts. Using a range of data collection skills and techniques to evaluate the influence of psychological variables upon individuals within sport contexts.
Generic Cognitive skills	**SCQF 9** Critically identifying, analysing and evaluate psychological variables which impact upon individuals within sport contexts. Drawing on a range of sources to make judgements regarding the influential psychological factors within real world sport contexts.
Communication, ICT and Numeracy Skills	**SCQF 9** Presenting or conveying, formally and informally, information about contemporary psychological research and theories. Using a range of IT applications to support and enhance work. Interpreting, using and evaluating numerical and graphical data to achieve goals.
Autonomy, Accountability and Working with Others	**SCQF 9** Exercising autonomy and initiative in learning activities and assessment preparation during the module. Working in ways which take account of own and others' roles and responsibilities when working as a team.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours. The teaching and learning approaches in this module employ the in-person mode. This will include tutorial tasks, independent learning, and reflection on key content areas. Weekly on-campus tutorials, lectures and practicals allow students to deepen understanding through active, problem-based learning and other tasks.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	12
Tutorial / Synchronous Support Activity	18
Laboratory / Practical Demonstration / Workshop	6
Independent Study	164

n/a	
n/a	
TOTAL	200

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Gill, D.L., Williams, L., & Reifsteck, E.J. (2017). Psychological Dynamics of Sport and Exercise. Champaign, IL: Human Kinetics. Taylor, J. (2018). Assessment in Applied Sport Psychology. Champaign, IL: Human Kinetics. Schinke, R.J., McGannon, K.R., and Smith, B. (2016) Routledge International Handbook of Sport Psychology. London, UK: Routledge.
(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements
In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time. **For the purposes of this module, academic engagement equates to the following:** 100% Attendance at all module events and consistent weekly engagement with online materials.

Equality and Diversity
The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code. In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.
(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	**Sport Exercise Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☐ **Yes** ☒ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to**

	programme accreditation requirements. Please check the associated programme specification for details.
School Assessment Board	Sport, Exercise & Health
Moderator	Hayley McEwan
External Examiner	A Tocknell
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Written assignment - Report of practical work.
Assessment 2
Case Study.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Report of practical/ field/ clinical work	☒	☐	☐	☐	☐	40	0

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Case study	☐	☒	☒	☐	☐	60	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0 hours

Change Control

What	When	Who
Component 1 changed from creative output to written assignment. E&D and A&E as per SEH.	March 2025	Sarah Darroch
Chnages 12 asynchronous hours to 12 lecture hours Changed wording in teaching and learning to remove asynchronous.	13/03/26	Drew Wallace