Module Descriptor

Title	Applied Sport Psychology		
Session	2026/27	**Status**	Published
Code	SPOR10019	**SCQF Level**	10
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Laura Carey		

Summary of Module

This module builds on previous psychology modules by learning about the various theoretical models (e.g., a person-centred approach) used to help clients (e.g., athletes, coaches). Students will explore the ways applied psychologists work with clients (e.g., conducting needs analyses, designing interventions, evaluating effectiveness) and reflect on their own values and philosophy to understand how they approach applied consultancy in sport. The module will equip students with the theoretical knowledge and reflective skills that are required to understand service-delivery in applied sport psychology.

This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:

Universal

Inquiring

Emotionally intelligent

Collaborative

Ethically-minded

Work Ready:

Problem-solver

Effective Communicator

Ambitious

Successful:

Autonomous

Creative

Driven

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	On successful completion of this module the student will be able to: Demonstrate a critical understanding of the theoretical models of psychology for sport and performance contexts.
L2	Assemble appropriate assessment methods that correspond to preferred theoretical model of practice and client circumstances in order to evaluate client needs.
L3	Design a course of sport psychology support that applies a preferred theoretical model and addresses client needs.
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 10** Demonstrating a comprehensive knowledge of theoretical models in psychology applied to sport. Demonstrating a critical understanding of the process of applied sport psychology service delivery.
Practice: Applied Knowledge and Understanding	**SCQF 10** Applying psychological models and principles to real world 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

Generic Cognitive skills	**SCQF 10** Providing reasoned judgements and analysis relevant to the selection and application of theory to sport psychology practice Interpreting and translate theory to a client's needs.
Communication, ICT and Numeracy Skills	**SCQF 10** Presenting or conveying, formally and informally, information about models of psychology. Using a range of IT applications to support and enhance work. Interpreting, applying and evaluating data to achieve goals.
Autonomy, Accountability and Working with Others	**SCQF 10** 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** SPORO9058	**Module Title** The Psychology of Sport
	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. Student-led tutorials and practicals will be the main form of learning and teaching of this module alongside asynchronous online activities and content hosted on the VLE. However, it is hoped that invited guest lecture will also contribute to the "real life" understanding of issues that relate to applied sport psychology.	
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)
Tutorial / Synchronous Support Activity	30
Laboratory / Practical Demonstration / Workshop	6
Independent Study	164
n/a	
n/a	
n/a	
TOTAL	200

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Core texts: Tod, D., and Eubank, E. (2020) Applied Sport, Exercise, and Performance Psychology. Current Approaches to Helping Clients. Abingdon, Oxon: Routledge. Taylor, J. (2017) Assessment in applied sport psychology. Champaign, Il: Human Kinetics.
(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	Harry Warburton
External Examiner	B Ives
Accreditation Details	

Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Reflective piece.
Assessment 2
Written 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**
Essay	☒	☐	☐	☐	☐	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**
Assessment 1 changed from class test to reflective piece (essay on outcome grid)	March 2025	Laura Carey
Allocated hours on campus updated to 36	March 2026	Laura Carey
