Module Descriptor

Title	Mental Health, Sport and Physical Activity		
Session	2026/27	**Status**	Published
Code	SPOR10051	**SCQF Level**	10
Credit Points	10	**ECTS (European Credit Transfer Scheme)**	5
School	**Health and Life Sciences**		
Module Co-ordinator	David Carless		

Summary of Module

This module advances understanding of the relationships between sport/physical activity and mental health. Students will explore mental health and ill-health from a variety of theoretical perspectives with attention given throughout to lived

experience and 'real world' scenarios in sport and physical activity contexts. The module will equip students with theoretical knowledge and practical skills to promote and support mental health in and through sport and physical activity.

Students will learn about a range of topics that include but are not limited to:

Contemporary understandings of mental health and ill-health

Physical activity and sport interventions for mental health

Supporting mental health in elite and professional sport

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:

Critical Thinker

Emotionally Intelligent

Collaborative

Work Ready:

Problem-solver

Motivated

Potential Leader

Successful:

Innovative

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	Critically evaluate the theory and practice of mental health promotion in sport and physical activity.
L2	Design appropriate strategies to support mental health in sport/physical activity contexts.
L3	
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 critical understanding of selected theories, concepts and principles in sport/physical activity and mental health.
Practice: Applied Knowledge and Understanding	**SCQF 10** Applying knowledge, skills and understanding in using a range of the professional skills and practices associated with mental health promotion through sport and PA.
Generic Cognitive skills	**SCQF 10** Critically identifying, defining, conceptualising and analysing complex problems and issues concerning mental health. Demonstrating some

[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

	originality and creativity in dealing with mental health issues in sport or physical activity contexts.
Communication, ICT and Numeracy Skills	**SCQF 10** Using a range of routine skills and some advanced and specialised skills in support of practices in mental health promotion through sport and PA. This could include: Presenting or conveying, formally and informally, information about specialised topics to informed audiences; Using a range of ICT applications to support and enhancing work at this level and adjust features to suit purpose.
Autonomy, Accountability and Working with Others	**SCQF 10** Exercising autonomy and initiative in professional/equivalent activities. Practising in ways that show awareness of own and others' roles and responsibilities. Working with others to bring about change, development and/or new thinking.

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 approach will combine on-campus lectures and on-campus tutorials. Core content will be delivered through a series of lectures. Tutorials will allow students to deepen understanding through reflection, discussion, guided discovery, and problem-based learning.	
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	9
Tutorial / Synchronous Support Activity	9
Independent Study	82
n/a	
n/a	
n/a	
TOTAL	100

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Augustus, J., Bold, J., & Williams, B. (2019). An Introduction to Mental Health. London: Sage.

Carless, D. & Douglas, K. (2010). Sport and physical activity for mental health. Oxford, UK: Wiley-Blackwell.

Douglas, K. & Carless, D. (2015). Life story research in sport: Understanding the experiences of elite and professional athletes through narrative. Abingdon, 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	Laura Carey
External Examiner	E Bradley
Accreditation Details	
Module Appears in CPD catalogue	☒ **Yes** ☐ **No**

Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Essay.
Assessment 2
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	☒	☒	☐	☐	☐	100	0

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

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
E&D and A&E as per SEH; removed ACCA from accreditation as it was a typo	14/03/2025	Sarah Darroch
Changed from online to on-campus delivery "Learning and Teaching" details revised "Learning Activities" details revised	10/3/2026	David Carless
