
 Sport and exercise psychology: a case study approach E233

Presentation pattern *October to March*

Module description

In this module students will explore common psychological issues in sport and exercise, and learn to recognise situations where psychological theory can be applied in real-life cases. Research summaries are used alongside case studies to help students engage with recent literature. The module covers some of the key topics in sport and exercise psychology such as: anxiety; self confidence; concentration; group dynamics; the psychology of injury; exercise dependence; and mental skills training used by psychologists. This module is suitable for students who have a general interest in sport and exercise psychology, or who are working in the field in roles such as exercise instruction or sports coaching.

Person specification

The person specification for this module should be read in conjunction with the [generic person specification](#) for an associate lecturer at The Open University.

As well as meeting all the requirements set out in the generic person specification, you should have:

- a degree or equivalent in a sports, fitness, exercise or psychology related field, with a significant sport and exercise psychology component
- a strong interest in the psychological principles underpinning sport and exercise
- experience of supporting others' learning, e.g. through teaching, training or appraisal
- a willingness to engage with online technologies.

It would be an advantage to have:

- experience of applied sport psychology, but this is not essential.

Module related details - a full explanation can be found on the website

Credits awarded to the student for the successful completion of a module:	30
Number of assignments submitted by the student:	3
Method of submission for assignments:	2
Level of ICT requirements:	2
Number of students likely to be in a standard group:	20
Salary band:	3
Estimated number of hours per teaching week:	4.5