

*Presentation pattern:* October to June

*Module description*

E235 *Sport and exercise psychology in action*, replaces the existing level 2 module E233 Sport and exercise psychology: A case study approach. The module is a 60 credit module, allowing for a more in-depth consideration of the relevant study topics and ensuring that contemporary issues can be included.

The module includes five study topics which have been identified as being important in sport and exercise psychology. They are:

- Study topic 1 *Exploring sport and exercise psychology*
- Study topic 2 *Sport psychology: insights and applications*
- Study topic 3 *Psychological skills training*
- Study topic 4 *Exercise psychology: insights and applications*
- Study topic 5 *Special Topics in sport and exercise psychology*

Study topic 5 will be delivered as an Open Learn Badged Open Course (BOC) in Sport Psychology. Students will choose one of the two optional BOCs either related to Injury or Burnout.

*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 related field
- Experience of working in the sports or fitness sector
- Experience of supporting others' learning at degree level (eg through teaching, training or supervision)
- A willingness to engage with online technologies

It would be an advantage to have:

- Experience of online tuition
- Applicants should demonstrate evidence of eLearning teaching and assessment

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

Credits awarded to the student for the successful completion of a module:	60
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:	7
Estimated number of hours per teaching week:	6