

EQF/MQF LEVEL 5

Award in Fundamentals of Sport Psychology

Contact Hours: 30

Placement Hours: -

Self Study Hours: 116

Assessment Hours: 4

Total Learning Hours: 150

LW/S/029

COURSE DESCRIPTION

The aim of this course is to provide learners with an understanding of fundamentals of core psychological dimensions of sport. Learners will examine theories of sport psychology, covering topics such as motivation, competence, anxiety and the role of significant others in sport.

COMPETENCIES

1. Comply to ethical standards in research and practice, including the responsible use of data and technology.
2. Be responsible to continuous development and staying currents with the latest research and advancements in psychology and sport science.
3. Manage to work independently taking initiatives in both research and its practical applications.

DURATION 5 weeks

CREDIT VALUE 6 ECTS

MODE OF TRAINING This programme will be delivered 100% Online through **synchronous** and **asynchronous** sessions using Learning Works LMS **Moodle** and <https://zoom.us>.

ASSESSMENT 100% Assignment & Case Study Presentation

LECTURER: Ms Sana Grillo

LEARNING OUTCOMES

By the end of the course, students will be able to:

- Define and describe sport psychology as an academic discipline.
- Describe and explain fundamental theories of sport psychology to athletes
- Identify the personal and professional skills, competencies and characteristics required of practitioners working in sport psychology.
- Apply knowledge of theories, principles and strategies to a client case from a range of approaches to sport psychology.
- Demonstrate and apply professional competencies and strategies when working within contemporary sport settings.
- Apply key ethical principles relevant to the practice of sport psychology.





ENTRY REQUIREMENTS

Entry requirements for this course are as follows:

- 2 A-Level passes and 2 Intermediate passes (Compulsory A level or Intermediate level pass (MQF Level 4) in **Biology or Physical Education**) or **other international qualifications equivalent to A level or MQF 4.**

or

- MQF Level 4 Certificate in a Sport related area

or

- Maturity clause

Applicants who satisfy the following conditions may apply for consideration to this course under the Maturity Clause:

1. In possession of a School Leaving Certificate
2. Have, by the end of the same calendar year attained the age of 23 years for entry to this course at MQF Level 5

These applicants are also asked to submit:

- a detailed Europass CV
- a Jobs Plus Employment History
- a motivation letter
- two reference letters
- documentation which they can present in terms of academic and experiential preparation

These applicants need also to attend an interview.

And

- Digital literate

And

- Have a good command of oral and written communication in English with a level of proficiency in English equivalent to at least IELTS Level 6

Learners who opt to apply for a programme of studies through the RPL route shall be responsible for demonstrating how the learning outcomes obtained through prior certified learning or experiential learning are relevant to the programme of studies they are applying for. To ensure that the RPL can be carried out effectively, any form of evidence including any relevant documents is to be attached to the application as per Learning Works Policy.

FUNDING

Applicants may get up to 70% of the fee back through the Get Qualified Scheme.

PART-TIME

Lectures are held twice a week in the afternoon on a part-time basis.