

# Access to H.E. National Programme Unit



Unit Title:	Psychology of Sports Performance		
Graded Unit Code:	GA33SPO05	Ungraded Unit Code:	UA33SPO05
Pathway(s):	Health Hospitality, Leisure and Tourism Business and Management		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 <sup>st</sup> August 2014	Valid to:	31 <sup>st</sup> July 2024

The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:

1	Understanding of the subject
2	Application of knowledge
3	Application of skills
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand how the theories of arousal and motivation relate to performance in sport	1.1 Explain Drive, Inverted U and Catastrophe theories using examples from sport
	1.2 Describe motivation theory
	1.3 Apply motivation theory to a range of sporting disciplines
2. Understand how stress and anxiety affect performance in sport	2.1 Use arousal theory to explain anxiety and stress in sporting situations
	2.2 Explain how stress management techniques can be used in a sports context
3. Understand the theory of group dynamics and how it relates to sport performance	3.1 Explain the theory of group dynamics

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
	3.2 Explain how knowledge of group dynamics can help a coach improve team performance
4. Understand the theories of leadership and how theory can be applied to sport performance	4.1 Outline contemporary theories of leadership
	4.2 Analyse Chellandurai's model of leadership and explain how it can be applied to sport performance