

# Access to H.E. National Programme Unit



Unit Title	Psychology of Esports Performance		
Graded Unit Code:		Ungraded Unit Code:	
Pathway(s)	Digital		
Module(s)	Sport and Exercise		
Level	3	Credit Value	3
Valid from:	01/09/2023	Valid to:	31/07/2028

**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 Esports	1.1 Explain Drive, Inverted U and Catastrophe theories using examples from Esports
	1.2 Describe motivation theory
	1.3 Apply motivation theory to a range of Esports disciplines
2. Understand how stress and anxiety affect performance in Esports	2.1 Use arousal theory to explain anxiety and stress in Esports situations
	2.2 Explain how stress management techniques can be used in an Esports context

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
3. Understand the theory of group dynamics and how it relates to Esports performance	3.1 Explain the theory of group dynamics
	3.2 Explain how knowledge of group dynamics can help an Esports coach improve team performance
4. Understand the theories of leadership and how theory can be applied to Esports performance	4.1 Outline contemporary theories of leadership
	4.2 Analyse Chellandurai's model of leadership and explain how it can be applied to Esports performance