

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Psychology of Esports Performance

Graded Unit Reference Number: GA33SPO09

Ungraded Unit Reference Number: UA33POS09

Module: Sport and Exercise

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
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
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