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 Sports Performance

Graded Unit Reference Number: GA33SPO05

Ungraded Unit Reference Number: UA33SPO05

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 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
	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

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4.2	Analyse Chellandurai's model of leadership and explain how it can be applied to sport performance

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