

Subject: Sports Psychology

Number of Periods per week: 1

Class Teacher: Dermot Blaney

Aims and objective:

The course is designed for students who have no prior knowledge of Sport Psychology. Sports psychology is now widely accepted as offering a crucial edge over competitors and while essential for continuing high performance in athletes, it also provides insights into optimising functioning in areas of our lives beyond sports.

As a result, psychological processes and mental wellbeing have become increasingly recognised as vital to consistently high degrees of sporting performance for athletes and beyond where the individual is serious about pushing their limits.

Its popularity in Ireland is unsurprising, given recent international successes in rugby, golf, boxing, athletics and horse racing.

The course aims to equip learners with the skills and knowledge to understand and help change the behaviours in order to improve performance.

This course explores topics including: athletes' mental skills and well-being, goal setting, leadership and developing a team culture. The course content is delivered through a stimulating programme of discussions, group work, practical exercises and personal reflections.

Course content:

Role of sports psychologist in team and individual sports

Psychological Skills Training for Sports Performance

Leadership in sport

How to create a positive and cohesive team culture

Importance of goal setting in improving performance

Student learning outcomes

Through this course, students will:

1. Become familiar with psychological principles of Sport Psychology that affect performance in sports and exercise.
2. Develop skills in common psychological interventions for achieving goals and maintaining gains.
3. Understand how participation in sport influences the psychological characteristics of the individual athlete.
- 4 . Acquire skills and knowledge about sport psychology that you can apply as an athlete or in every day life
5. Gain practical experience in goal setting, behaviour change, and maintenance of gains.
6. Learn more about yourself as a person.

Method of assessment:

- **30%** In class participation- discussing and creating questions in groups.

And student has choice of

- **70%** Group activity through a short presentation/ powerpoint or short video outlining students understanding of topics covered in module.

Or

- **70%** Successful completion of detailed essay on topics we have covered in class. Essays must be typed, original and backed up by reputable facts.

Digital Learning Skills :

Students will work on their essays using online resources and digital media. Students are all connected using Microsoft Teams as well as One note to enhance connectivity and learning within the course.