The module aims to enable students to critically evaluate and integrate current contemporary Sport Psychology based issues from the emotion, peak performance and motor skills literature. Critical debate and discussion of the material presented will be central to the modular teaching sessions.

Learning Outcomes
After completing the module the student should be able to:

1. Critically evaluate contemporary debates and current issues within selected concepts of sport psychology motor skills research.
2. Examine the conceptual synthesis within and across the selected concepts of sport psychology motor skills research.

**Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

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<thead>
<tr>
<th>conference style</th>
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<tr>
<td>abstract</td>
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<tr>
<td>presentation</td>
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**Outline Syllabus**

- Current issues in stress & anxiety research
- Current issues in competitive emotion research
- Concepts in peak performance in sport
- Flow, anxiety and optimal functioning
- Current issues in peak experience, personal meaning and spiritual concepts in sport performance
- Current issues in talent identification and development research
- Development of Expertise in Sport 1
- Development of Expertise in Sport 2
- Perceptual-Cognitive Expertise: From Testing to Training
- Practice and Instruction

**Learning Activities**

Students are expected to attend time-tabled lectures. Critical debate and discussion of the material presented will be a central feature of the teaching sessions, where students will be required to think critically and integratively to contribute to debate and enhance their own learning. Students should complete the required and recommended reading to widen their critical knowledge and understanding and this should be evidenced in the assessment tasks.

**References**

<table>
<thead>
<tr>
<th>Course Material</th>
<th>Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Author</td>
<td>Hanton, S., Mellalieu, S.D.</td>
</tr>
<tr>
<td>Publishing Year</td>
<td>2006</td>
</tr>
<tr>
<td>Title</td>
<td>Literature Reviews in Sport Psychology</td>
</tr>
<tr>
<td>Subtitle</td>
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</table>
Notes

This module provides the opportunity to study current topics within the domain of Sport Psychology, with a particular focus on performance. Contemporary themes are explored through a combination of contact lectures and private study journal reading.
For sport psychology students or trainee sport psychologists, Being a Sport Psychologist by Dr. Richard Keegan contains some succinct and actionable structures and processes to help the neophyte practitioner. For those interested in the organisational and cultural psychology in sport, The Barcelona Way by Damian Hughes and The Organisational Psychology of Sport by Dr. Chris Wagstaff are two books worth looking at. Finally, experienced sport psychologists will often advise trainees to read outside of the immediate sport psychology literature: books on human nature, sporting biographies, mental Sport psychology is a subdiscipline of psychology applied to a competitive sport as a specific context of organized physical (motor) activity. Competitive sport is focused on high achievement and consistent excellence, in contrast to other settings in which exercise is used for physical education, leisure, or rehabilitation. The major emphasis in sport psychology is on the study and application of psychological factors enhancing athletic performance and on the impact of sport participation on a person’s (or team’s) development. Introduction. Competitive Sport as a High Achievement Setting. Per Literature Review - a selection of research papers addressing sports Psychology. The "Title" is a link to the article in which the literature is reviewed and the "[x]" at the end of the reference indicates the literature's reference number within that article. Paper. ‘Training willpower’. Author. BOND, Jeffrey. Journal. Sports Coach (AUS), Vol.26, No. 3 2003, pp 9-11 [3].