

Sports Psychology - Level 3 Course

Key Information

Course Format:

Paper Based Course Materials

Price:

£250.00

Assessment:

Written Assignments

Payment Options:

Spread the cost over 4 monthly payments

Approximate Study Time:

100 Hours of Self Study

Initial Payment of

£100.00

Approximate Delivery Time:

1-2 Working Days (Courier Service)

Followed by 3 payments of:

£50.00



The **Sports Psychology - Level 3 Course** is designed for anyone interested in sports and exercise and can be beneficial whether you are a coach, official, teacher, physiotherapist, sports trainer, or if you are just wanting to use the skills detailed in this course to enhance your own personal performance.

All athletes, no matter what their area of expertise, want to make the most of their hard work and talent by performing to the best of their ability. There are three factors that influence sporting ability; Technical proficiency, Fitness and Mental skills. It is in these areas where sport psychology will help them to succeed.

On successful completion of this course, students will receive an accredited Level 3 Certificate Award.

The course includes the following units:-

• Unit 1 - Introduction to Sports Psychology

The following topics are covered: What is sport psychology? The role of a sport psychologist, A brief history of sport psychology, An overview of psychology.

• Unit 2 - How Personality, Attitudes and Behaviour Affect Sporting Performance

The following topics are covered: Personality - Theories on personality, Methods of measuring personality, The links between personality and sport involvement and performance, Personality profiling. Attitudes - Origins of attitude, Triadic model of attitude formation, Changing attitudes, How attitudes influence behaviour. Behaviour - Aggressive behaviour, Antecedents of aggression, Theories of aggression, How aggression affects sporting performance, Combating aggression.

• Unit 3 - How the State Of Mind Affects Sporting Performance

The following topics are covered: Emotions, Arousal, Theories of arousal, How arousal affects sporting performance, Anxiety, How anxiety affects sporting performance, Stress, Causes of stress, Measuring stress, Stress Management, Physical relaxation, Imagery, Focus.

• Unit 4 - How Motivation Goal Setting and Confidence Affect Sporting Performance

The following topics are covered: Theories of motivation, How motivation affects sporting performance, Developing a motivational climate, Goal setting, Confidence building.

• Unit 5 - Social Influence in Sport

The following topics are covered: How spectators affect sporting performance, Research on audience effects, Coping with audience effects, The effects of co-action on sporting performance, The home advantage phenomenon, Teams and groups, Factors that affect group performances, Leadership, Leadership characteristics, Theories of leadership.

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• Unit 6 - Psychological Skills Training

The following topics are covered: A Psychological skills training Programme - An orientation phase, An analysis phase, A planning phase, An implementation phase, An evaluation phase.

Prerequisites:

There is no prior learning knowledge or experience required to take this course.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Certification:

At the end of this course successful learners will receive a Certificate of Achievement from ABC Awards and Certa Awards and a Learner Unit Summary (which lists the components the learner has completed as part of the course).

The course has been endorsed under the ABC Awards and Certa Awards Quality Licence Scheme. This means that Kendal Publishing has undergone an external quality check to ensure that the organisation and the courses it offers, meet defined quality criteria. The completion of this course alone does not lead to a regulated qualification* but may be used as evidence of knowledge and skills gained.

The Learner Unit Summary may be used as evidence towards Recognition of Prior Learning if you wish to progress your studies in this subject. To this end the learning outcomes of the course have been benchmarked at Level 3 against level descriptors published by Ofqual, to indicate the depth of study and level of demand/complexity involved in successful completion by the learner.

Information on level descriptors can be found on the Ofqual's level descriptors page. We provide a link to this on each course page of our website.

The course itself has been designed by Kendal Publishing to meet specific learners' and/or employers' requirements which cannot be satisfied through current regulated qualifications. ABC Awards & Certa Awards endorsement involves robust and rigorous quality audits by external auditors to ensure quality is continually met. A review of courses is carried out as part of the endorsement process.

ABC Awards and Certa Awards have long-established reputations for providing high quality vocational qualifications across a wide range of industries. ABC Awards and Certa Awards combine over 180 years of expertise combined with a responsive, flexible and innovative approach to the needs of our customers.

Renowned for excellent customer service, and quality standards, ABC Awards and Certa Awards also offer regulated qualifications for all ages and abilities post-14; all are developed with the support of relevant stakeholders to ensure that they meet the needs and standards of employers across the UK.

*Regulated qualification refers to those qualifications that are regulated by Ofqual / CCEA / Qualification Wales