|  |  |
| --- | --- |
| **Minor Award Name** | **Sports Psychology** |
| **Minor Award Code** | **6N4665** |
| **Level** | **Level 6** |

**Suggested resources to support delivery:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Role of the sports psychologist in team and individual sports | Website | The British Psychological Society outlines the definition of sports and exercise psychologists including examples of the types of work they are involved in | British Psychological Society | <https://careers.bps.org.uk/area/sport-exercise> |
| Role of the sports psychologist in team and individual sports | Website | The American Psychological Association gives descriptions of the role of sports psychologists, including helping the athlete to cope with high pressure. | American Psychological Association | <http://www.apa.org/helpcenter/sport-psychologists.aspx> |
| Role of the sports psychologist in team and individual sports | Book | This book gives a more thorough and detailed account of the benefits of working with a sports psychologist, including their role. | Psychology in Professional Sports and the Performing Arts: Challenges and Strategies(2016); Robert J. Schinke | <https://www.amazon.com/Psychology-Professional-Sports-Performing-Arts/dp/1138808628> |
| History and main theories of sports  psychology | Book | This is a great overall book for studying sports psychology, particularly for QQI levels 6 and above. The opening chapter gives a very good overview of the history of sports psychology while the rest of the book discusses the main theories, including ideas for practical applications. | Applied Sport Psychology: Personal Growth to Peak Performance (B&B Physical Education) by Jean Williams | <https://www.amazon.com/Applied-Sport-Psychology-Performance-Education/dp/0078022703> |
| History and main theories of sports  psychology | Book | This an excellent resource and very student friendly. It explains the various theories of sports psychology in a straightforward and detailed way, including several helpful diagrams and real-life examples. | BTEC Level 3 National Sport Book 1: Book 1 (BTEC National Sport 2010)  by Mr Ray Barker, Mr Chris Lydon et al. | <https://www.amazon.co.uk/BTEC-Level-National-Sport-Book/dp/1846906512> |
| How personality theories such as trait  theories, attribution theories and personality  influences sports participation | Resource book | Contains a vast set of resources on the study of sport. It is specifically aimed at students studying sports studies within physical education but it gives a great overview of personality theories and their influence on sports psychology. Very easy to read and would be a good grounding- Students can access a free chapter sample online which covers personality theories in sports psychology. | OCR A2 PE Student Book; 2009; Ken Mackreth, Sarah Van Wely, John Ireland, Dave Carnell , Sarah Powell | <https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/Sport/ALevel/OCRALevelPE2008/OCRALevelPE.aspx> |
| Personality theories and sports psychology- emotional control | Video | This website provides valuable videos, from the perspective of leading Australian coaches, as well as motivational/inspiring insights. | Sports Psychology Today website, http://www.sportpsychologytoday.com/ | <http://www.sportpsychologytoday.com/about-sports-psychology/sports-psychology-coaching/sports-psychology-videos/> |
| How arousal, stress and anxiety affect  performance in sport | Power point presentation | Very good power point presentation on the influence of stress and anxiety on sports performance. It provides definitions and descriptions of the different types and stages of stress. | The Impact of Arousal, Stress and Anxiety on Sports Performance; Amy Fairbairn, 2013 | <https://prezi.com/kyb2gnzr5ras/the-impact-of-arousal-stress-and-anxiety-on-sports-performance/> |
| How arousal, stress and anxiety affect  performance in sport  Motivation | Book | This book gives a more thorough and detailed look at the impact of arousal and stress on performance. It provides a section on enhancing well-being in sport, including athlete burnout and ways to prevent it.  It also includes a very good description of motivation in sports psychology. | Applied Sport Psychology: Personal Growth to Peak Performance (B&B Physical Education) by Jean Williams | <https://www.amazon.com/Applied-Sport-Psychology-Performance-Education/dp/0078022703> |
| Motivation | Book | Gives a great insight into extrinsic and intrinsic motivation in the field of sports psychology. It includes a discussion on the dynamics of motivation and offers a great overall guide for learners who wish to delve into topics in more detail. | Handbook of Sport Psychology 3rd Edition, 2007, by [Gershon Tenenbaum](https://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Gershon+Tenenbaum&search-alias=books&field-author=Gershon+Tenenbaum&sort=relevancerank) (Editor), [Robert C. Eklund](https://www.amazon.com/s/ref=dp_byline_sr_book_2?ie=UTF8&text=Robert+C.+Eklund&search-alias=books&field-author=Robert+C.+Eklund&sort=relevancerank) (Editor) | <https://www.amazon.com/Handbook-Sport-Psychology-Gershon-Tenenbaum/dp/0471738115> |
| The concept of motivation, what affects it and how it can influence performance | Website | This website gives a good and easy to understand overview of what motivation is, and how athletes can increase it. | [www.psychologytoday.com](http://www.psychologytoday.com)  Jim Taylor, PHD | <https://www.psychologytoday.com/blog/the-power-prime/200910/sports-what-motivates-athletes> |
| Techniques used in sports psychology | Youtube video- TED Talk | Martin Hagger gives an insight into the kinds of techniques that elite athletes use to prepare psychologically for their sport. He also gives ideas on how they could be used by athletes and coaches to maximise performance. | TED Talk, Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth; 2013 | <https://www.youtube.com/watch?v=yG7v4y_xwzQ> |
| Leadership in coaching and participation in sport | Book | This book gives a good insight into leadership and teaching from the perspective of a coach. It describes what an aspiring coach needs to develop in order to improve their leadership skills and professional practice. | Becoming a Sports Coach; James Wallis and John Lambert; 2015 | <https://www.amazon.com/Becoming-Sports-Coach-James-Wallis/dp/1138793469> |
| Sports Psychology- general | Resource website | The tes.com website provides an excellent range of resources for teachers to use for sports psychology. Many are free resources, e.g. personality theories power points etc. | www.tes.com | <https://www.tes.com/resources/search/?q=sports%20psychology&years=GB%7C0%7C16%2B%7C&sortBy=lowestPrice> |
| Leadership in sporting contexts | Book | Gives a very detailed and thorough analysis of leadership in sport, e.g. leadership styles etc. It provides a greater understanding of the concept as well as concrete and practical examples of how it can be applied to various sports | Leadership in Sport (Foundations of Sport Management) 1st Edition  by Ian O'Boyle (Editor), Duncan Murray (Editor), Paul Cummins (Editor) | <https://www.amazon.com/Leadership-Sport-Foundations-Management/dp/1138818259> |
| Goal setting in sport | Website | Excellent outline of the need to set goals as well as practical ways to set them. | Applied Sports Psychology website;  Eva V. Monsma, Ph.D. | <http://www.appliedsportpsych.org/resources/resources-for-athletes/principles-of-effective-goal-setting/> |
| Role models- positive and negative influence on performers | Website | Great article that gives a concise overview of the definition of role models, how it applies to sport and the qualities that make an athlete a good role model. Also provides insight into the dangers of negative role models in sport. | Psychology today website; Frank L. Smoll, PHD | <https://www.psychologytoday.com/blog/coaching-and-parenting-young-athletes/201504/are-athletes-good-role-models> |
| Goal Setting in sport | Book | Excellent resource for all aspects of sports psychology. Includes detailed analysis of the importance of goal setting, drawing on various research carried out in this field. | Applied Sport Psychology: Personal Growth to Peak Performance (B&B Physical Education) by Jean Williams | <https://www.amazon.com/Applied-Sport-Psychology-Performance-Education/dp/0078022703> |
| Setting Goals in Sports Psychology | Power point Lecture series | Great Power point lecture slides, given by applied sports psychologist in Waterford IT. Sets out very clear reasons why goal setting is important, how to set goals and also the benefits of applying goals. Provides insightful quotations from leading coaches on motivation etc. | Applied Sport Psychology Motivation, Feedback and Goal Setting for your Athletes; Ciara Losty; Lecturer in Sport and Exercise Psychology, Department of Health, Sport and Exercise Science; Waterford IT | <http://www.waterfordsportspartnership.ie/pdfs/ciaralosty-sportspsychology.pdf> |

**Useful Organisations:**

|  |  |
| --- | --- |
| **Name** | **Contact Information** |
| British Psychological Society | <http://beta.bps.org.uk/> |
| Psychological Society of Ireland | [www.psihq.ie](http://www.psihq.ie) |
| The Irish Sports Council | [www.sportireland.ie](http://www.sportireland.ie) |
| Coaching Ireland | [www.coachingireland.com](http://www.coachingireland.com) |
| Association for coaching | <https://www.associationforcoaching.com/> |
| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |