

BTEC

# HIGHER NATIONALS

## Sport and Exercise Science



Higher National  
Certificate Lvl 4

## Unit 2: Fundamentals of Sport & Exercise Psychology

<b>Unit code</b>	<b>K/616/1682</b>
<b>Unit Type</b>	<b>Core</b>
<b>Unit level</b>	<b>4</b>
<b>Credit value</b>	<b>15</b>

### Introduction

It has been well recognised in recent times that Sport and Exercise Psychology contributes to the development of successful sports performance and exercise participation. Having a positive mental state is, therefore, not only a determinant but also an antecedent of sport and exercise participation and performance and can lead to the development of healthy exercise habits. Evaluating how psychological theories and principles can influence participation in sport and exercise contexts is, therefore, a key responsibility of sport science practitioners who work not only with elite athletes, but also with individuals who participate for recreational purposes.

The aims of this unit are to illustrate how psychological concepts underpin involvement in sport and exercise and to demonstrate their impact on human behaviour. Students will explore the innate characteristics which are seen as the basis for sport and exercise behaviour. Students will also develop an appreciation of how the social environment within which sport and exercise takes place influences the outcome of their participation.

As the unit considers aspects of human behaviour, some of the content and study time will be focused on reflection and analysis of individual behaviour as a performer, participant or practitioner. Topics included in this unit are: motivation, self-confidence and self-efficacy, group processes, group cohesion, leadership, models of exercise behaviour, exercise dependence and addiction, and the role of sport and exercise on the development of a positive psychological wellbeing.

On successful completion of this unit, students will be able to use psychological theories and principles to inform their own practice as a performer, participant or practitioner and review the impact they have on sport and exercise participation. Students will develop skills such as communication, application and reflection which are crucial for gaining entry into the sport and exercise industry.

## **Learning Outcomes**

By the end of this unit students will be able to:

1. Identify appropriate theories and principles relevant to motivation and the impact they have on sport and exercise participation
2. Describe the effects of self-efficacy on sport and exercise participation and performance
3. Recognise the impact of group processes, cohesion and leadership on successful participation in sport and exercise
4. Analyse the impact of sport and exercise participation on psychological wellbeing.

## Essential content

### LO1 Identify appropriate theories and principles relevant to motivation and the impact they have on sport and exercise participation

#### *Motivation:*

Definition and types of motivation – intrinsic motivation, extrinsic motivation and achievement motivation

Benefits of motivation – improved performance and adherence, enhanced self-confidence, concentration and greater application of effort

Consequences of too much motivation – mistakes, over-arousal, burnout, and overtraining

#### *Theories of motivation:*

Views of motivation – trait-centred view, situational-centred view and interactional view

Self-determination Theory – the role of autonomy, competence and relatedness on the development of intrinsic motivation

Cognitive Evaluation Theory – differential effects of rewards on intrinsic motivation, functional significance of rewards

Attribution Theory – Weiner's two-dimensional model, the impact of attributions on an individual's emotions and future expectations for future success and failure

Achievement Goal Theory – goal orientations (task and ego) Motivational Climate (master and performance)

Adaptive and maladaptive outcomes (cognitive, affective and behavioural).

### LO2 Describe the effects of self-efficacy on sport and exercise participation and performance

#### *Self-confidence:*

Definition and types of self-confidence – state and trait

Benefits of self-confidence, e.g. enhanced motivation, positive mindset, improved concentration, improved performance and adherence to exercise

*Bandura's self-efficacy theory:*

Definition of self-efficacy (situation-specific form of self-confidence)

Determinants of self-efficacy – performance accomplishments, vicarious experiences, verbal persuasion and emotional arousal

Consequences of self-efficacy – satisfaction and improved performance

**LO3 Recognise the impact of group processes, cohesion and leadership on successful participation in sport and exercise**

*Group processes:*

Different between a group and a team

Theories of group development – linear, cyclical and pendicular

Steiner's model of group productivity – the link between actual productivity, potential productivity and process losses

Ringlemann effect and social loafing – definitions, reasons why people social loaf (e.g. lack of role clarity, low perceived ability, low self-confidence and motivation and lack of recognition)

*Group cohesion:*

Definition and types of cohesion – task and social

Factors that influence group cohesion – environmental, personal, leadership and team

Assessing group cohesion – group environment questionnaire (GEQ) and sociograms

*Leadership:*

Definition of leadership

Leadership styles – autocratic, democratic and laissez-faire

Approaches/models of leadership, e.g. trait, behavioural, interactional and Chellandurai's multidimensional model

#### **LO4 Analyse the impact of sport and exercise participation on psychological wellbeing**

##### *Exercise participation and adherence:*

Barriers to sport and exercise participation

Reasons for taking part in sport and exercise

Reasons for not taking part in sport and exercise

##### *Exercise and psychological wellbeing:*

Role of sport and exercise in reducing anxiety and depression

Exercise dependence and addiction

Role of sport and exercise in promoting self-esteem and increasing emotional intelligence

Impact of body image and social physique anxiety on sport and exercise participation

##### *Models of exercise behaviour:*

Models: theory of planned behaviour, health belief model, transtheoretical model

Strategies to enhance exercise adherence, e.g. decisional balance sheets, social support, prompts, contracting, use of rewards

## Learning Outcomes and Assessment Criteria

Pass	Merit	Distinction
<b>LO1</b> Identify appropriate theories and principles relevant to motivation and the impact they have on sport and exercise participation		<b>D1</b> Evaluate the role of motivation in developing healthy sport and exercise habits, making reference to one theory of motivation
<b>P1</b> Explain theories of motivation in relation to sport and exercise participation and performance <b>P2</b> Outline the benefits and consequences of motivation in relation to sport and exercise	<b>M1</b> Apply a theory of motivation to your role as a performer, participant or sports science practitioner	
<b>LO2</b> Describe the effects of self-efficacy on sport and exercise participation and performance		<b>D2</b> Analyse how the sources of efficacy information can lead to performance and satisfaction in sport and exercise
<b>P3</b> Explain the benefits of self-confidence in relation to sport and exercise <b>P4</b> Examine the key components of Bandura's self-efficacy theory	<b>M2</b> Apply Bandura's self-efficacy theory to sport and exercise participation and performance	
<b>LO3</b> Recognise the impact of group processes, cohesion and leadership on successful participation in sport and exercise		<b>D3</b> Analyse the role of group processes, group cohesion and leadership in participant success within sport and exercise settings
<b>P5</b> Explain the role of leadership in the development of effective groups <b>P6</b> Discuss the importance of cohesion in sport and exercise participation and performance	<b>M3</b> Assess the impact of leadership on the development of effective and cohesive groups	
<b>LO4</b> Analyse the impact of sport and exercise participation on psychological wellbeing		<b>D4</b> Evaluate the role of sport and exercise in the promotion of a positive psychological wellbeing
<b>P7</b> Explain psychological factors that influence participation in sport and exercise <b>P8</b> Discuss the barriers to sport and exercise participation	<b>M4</b> Assess the use of models of exercise behaviour in the promotion of sport and exercise participation	



## Recommended resources

### Textbooks

ANSHEL, M. H. (San Francisco) (2012) *Sport Psychology: From Theory to Practice*. 5<sup>th</sup> edition. Benjamin Cummings.

BIDDLE, S. J. H. & MUTRIE, N. (New York) (2007) *Psychology of Physical Activity: Determinants, Well-Being & Interventions*. 2<sup>nd</sup> edition. Routledge.

BUCKWORTH, J., DISHMAN, R. K., O'CONNOR, P. J. & TOMPOROWSKI, P. (USA) (2013) *Exercise Psychology*. 2<sup>nd</sup> edition. Human Kinetics.

COX, R. H. (New York) (2011) *Sport Psychology: Concepts and Applications*. McGraw-Hill Education.

HORN, T. S. (Leeds) (2008) *Advances in Sport Psychology*. 3<sup>rd</sup> edition. Human Kinetics.

JOWETT, S. & LAVALLEE, D. (eds). (Champaign, IL) (2007) *Social Psychology in Sport*. Human Kinetics.

WEINBERG, R. S. & GOULD, D. (U.S.A) (2015) *Foundations of Sport and Exercise Psychology*. 7<sup>th</sup> edition. Human Kinetics.

### Journals

*Journal of Applied Sport Psychology*

*Journal of Sport and Exercise Psychology*

*Psychology of Sport and Exercise*

*The Sport Psychologist*

### Links

This unit links to the following related units:

*Unit 5: Coaching Practice & Skill Development*

*Unit 7: Physical Activity Lifestyle and Health*

*Unit 20: Health Community Engagement*

*Unit 28: Leadership & Management*

*Unit 32: Psychology for Performance.*