

UK Shared Prosperity Fund: Level 4 Fundamentals of Exercise Psychology - HTQ



Course Level: Level 4

Campus: Newcastle

Subject Type: Sport & Public Services

Course Overview:

This FREE short course will draw upon learner experiences in sport and exercise settings to help provide a specific frame of reference for the study of human behaviour in sport and exercise settings. Learn the key concepts of motivation and self-confidence, exercise psychology and models of exercise behaviour to become more employable and knowledgeable within this sector.

What's Covered:

The aims of this FREE 16-week course is to illustrate how psychological concepts underpin involvement in sport and exercise and to demonstrate their impact on human behaviour. 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 well-being.

Learners will cover the following topics:

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

Entry Requirements:

This course is open to adult learners aged 19+ who work within the exercise and fitness sector.

Assessment Information:

There is no formal or summative assessment associated to this programmes. However ongoing progress checks to support understanding of the topic will occur throughout sessions.

Fees and Financial Support:

This course is FREE to adult learners aged 19+.

Progression:

An opportunity to study the full time HNC in Community Coaching would be an appropriate next step upon successful completion of the programme.

How do I find out more?

For further information, email todd.bailey@nscg.ac.uk