





## Course Aims and Learning Outcomes

### **The main educational aims of the course are to:**

Provide students with the appropriate scientific knowledge and skill set to be able to understand and investigate the brain, the body and the environment. This will form the foundation to further develop a comprehensive understanding of emotion, affect and behaviour, and the complex interactions between them, in individuals, groups and society, with an applied focus within the sports and exercise psychology field.

Provide students with the foundation of knowledge and skills to start them on their career





Lectures and follow up exercises and discussion.  
Online discussions and exercises.  
Practical laboratories.

**Thinking skills are developed through:**

Interactive seminars.  
Problem based learning exercises.  
Reflective activities with feedback.  
Group discussions.  
Online discussions and activities.

**Practical skills are developed through:**

IT activities with feedback.  
Study design activities.  
Data collection activities.  
Data analysis activities.  
Engagement with the



**Skills for life and work (general skills) are assessed by**



## Course Structure

All course

		Exercise and Performance			
4	UD4019	Introduction to Biological and Cognitive Psychology	20	Core	N
5	UD5022	Psychological Quantitative Research Methods	20	Core	N
5	UD5018	Psychological Qualitative Research Methods	20	Core	N
5	UD5010	Industry Readiness (Mental Wealth)	20	Core	N
5	UD5019	Social Psychology	20	Core	N
5	UD5020	Applied Sport, Exercise and Performance Psychology	20	Core	N
5	UD5021	Cognitive Neuroscience	20		N
6	UD6015	Psychology Dissertation	40	Core	N
6	UD6016	Personality, Intelligence and Psychopathology	20	Core	N
6	UD6017	Developmental Psychology	20	Core	N





