



Higher National Unit specification: general information

Unit title: Psychology of Sports Coaching

Unit code: FW61 34

Superclass: PK

Publication date: October 2011

Source: Scottish Qualifications Authority

Version: 01

Unit purpose

This Unit introduces candidates to the key psychological considerations relating to practical sports coaching situations.

On completion of this Unit, the candidate will be able to:

- 1 Discuss the main psychological components.
- 2 Describe coaching methods designed to enhance psychological factors.
- 3 Describe strategies for increasing participation and motivation.

Recommended prior knowledge and skills

Candidates should possess good Written and Oral Communication skills. Ultimately, entry is at the discretion of the centre.

Credit points and level

1 Higher National Unit credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

General information (cont)

Core Skills

There may be opportunities to gather evidence towards Core Skills in *Problem Solving*, *Communication* and *Information and Communication Technology (ICT)* in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment

Candidates should demonstrate a clear grasp of the theoretical knowledge of the Unit and an ability to identify the links between this information and practical coaching situations in sport. Outcome 1 is assessed by use of restricted response questions. Outcomes 2 and 3 are assessed by extended response.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Discuss the main psychological components.

Knowledge and/or Skills

- ◆ Definition of Sport Psychology.
- ◆ Definition of the components of Sport Psychology: Anxiety; Concentration; Confidence; Motivation; Team Cohesion.
- ◆ Discuss the relationship between components and participants.

Evidence Requirements

To achieve this Outcome, each candidate will be required to produce evidence to demonstrate their understanding of all aspects of the Knowledge and/or Skills section.

The candidate will be required to define the term 'Sports Psychology' and state three reasons why it is important for a practitioner to have knowledge and understanding of the main psychological components. The candidate should also provide a definition of the main components of sports psychology. In addition, candidates are must demonstrate an understanding of how these components affect participants in either a fitness and/or sports coaching environment.

The assessment instrument will be three restricted response questions. All questions must be answered satisfactorily.

Assessment Guidelines

Candidates will require to produce written or oral evidence that show that the candidate can define what is meant by 'Sports Psychology', describe the main psychological components and participants can be affected by each of the components.

Higher National Unit specification: statement of standards (cont)

Unit title: Psychology of Sports Coaching

Outcome 2

Describe coaching methods designed to enhance psychological components.

Knowledge and/or Skills

- ◆ Coaching methods to enhance confidence.
- ◆ Coaching methods to manage anxiety.
- ◆ Coaching methods to improve concentration.
- ◆ Coaching methods to enhance team cohesion.

Evidence Requirements

To achieve this Outcome each candidate will be required to produce evidence to demonstrate their understanding of all aspects of the Knowledge and/or Skills section. Each candidate will be required to evaluate two coaching methods designed to enhance each of the four psychological components. The assessment instrument will be extended response questions. The evaluation will be produced under supervised conditions.

Assessment Guidelines

Candidate are required to produce written or oral evidence showing that they can identify and discuss appropriate coaching methods that are designed to positively affect each of the psychological components.

Outcome 3

Describe strategies for increasing participation and motivation.

Knowledge and/or Skills

- ◆ Common motives for participation in sport.
- ◆ Coaching methods to enhance motivation.
- ◆ Behaviour modification techniques.

Evidence Requirements

To achieve this Outcome each candidate will require to produce evidence to demonstrate their understanding of all aspects of the Knowledge and/or Skills section. Each candidate is required to produce evidence covering two common motives for participation, two coaching methods to enhance motivation and two behaviour modification techniques in a selected sport.

Assessment Guidelines

Candidates will be required to provide evidence that they can describe strategies for increasing participation and maximising motivation. Candidates could demonstrate the appropriate knowledge and understanding by producing an article in the region of 500 words.

Higher National Unit specification: support notes

Unit title: Psychology of Sports Coaching

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

Outcome 1

- ◆ Sport Psychology:
 - definitions
 - importance to the coach
- ◆ Components:
 - team cohesion
 - motivation
 - confidence
 - anxiety
 - concentration
- ◆ Relationship:
 - between components and performance

Outcome 2

- ◆ Confidence:
 - breaking skills down
 - achievable aims
 - feedback
 - appropriate practices
- ◆ Anxiety:
 - awareness
 - logical progression
 - minimising pressure
 - attitude to competition
 - attributions
 - simple relaxation methods
 - breaking skills down
- ◆ Concentration:
 - time of practices
 - short instructions/demonstrations
 - concise coaching points
 - relation of skills to game
 - effective communication

Higher National Unit specification: support notes (cont)

Unit title: Psychology of Sports Coaching

- ◆ Team Cohesion:
 - group goals
 - team talks
 - peer support
 - peer feedback
 - positional rotation in team.

Outcome 3

- ◆ Motives for Participation:
 - sensation
 - affiliation
 - self direction
 - achievement
 - friendship
 - fitness
 - fun
 - learn new skills
- ◆ Enhancing Motivation:
 - goal setting
 - reinforcement
 - feedback
 - communication skills
 - enthusiasm
 - appropriate drills/practices
 - relating
 - practices to game/sport
 - use of role models
 - examples of elite performers
- ◆ Behaviour Modification:
 - positive reinforcement
 - negative reinforcement
 - punishment
 - immediate and consistent reinforcement

Guidance on the delivery and assessment of this Unit

There is plenty of opportunity for the use of video analysis of practical coaching situations to highlight many of the concepts from this Unit in action. The key aim is to give the student key theoretical knowledge in relation to the psychological components related to practical contexts at an introductory level. Students should be encouraged to apply the knowledge gained from this Unit during their practical delivery. Therefore, this Unit would be best delivered during Year 1 of the HNC/HND Programme.

Higher National Unit specification: support notes (cont)

Unit title: Psychology of Sports Coaching

Open learning

It may be possible to deliver and assess this Unit using this route as the Unit is essentially based around the acquisition of knowledge. It would be necessary to ensure the authenticity of assessments in this event.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

Candidates will have the opportunity to develop skills in *Problem Solving* as the Unit will involve concepts and theories which may be new to candidates. This will require thought and consideration as the application of the acquired use to which the knowledge is put has many variable factors.

There will be opportunities to develop skills in *Communication* — Oral and Written may be developed — and the study of theories and interpretation of data may give rise to further opportunities and may involve skills in *ICT* if that source is used.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

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General information for candidates

Unit title: Psychology of Sports Coaching

This Unit is designed to enable you to acquire knowledge of the significant factors that affect athletes psychologically and how a coach may best use best motivate an athlete and use this knowledge to best and appropriate effect.

You will learn about the main components and the uses to which they can be put:

- ◆ anxiety
- ◆ concentration
- ◆ confidence
- ◆ motivation
- ◆ team cohesion

You will learn how they affect everyone involved and how, as a coach, you can try to get the best out of all involved.

You will learn about:

- ◆ confidence
- ◆ anxiety
- ◆ concentration
- ◆ team cohesion

You will consider how to develop your own skills in the variety of methods that might be utilised to enhance the positive effect that you are trying to create.

You will consider:

- ◆ motives for participation
- ◆ enhancing motivation
- ◆ behaviour modification

You will, while studying this, develop your skills and learn about current theories and you will consider strategies that may work to best effect and also learn more about people and ways in which we might be very much the same and ways that we may well react in very different ways to motivational factors.

Assessments will require recorded evidence.