

**Nanyang Technological University  
National Institute of Education  
Physical Education and Sports Science**

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Module Code: **MES 810**

Module Title: Applied Sport Psychology Interventions

Duration: 39 hours

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Description:

This module is design to train participants in the development of comprehensive psychological skills training programmes for performance enhancement with their student/athletes. First, a theoretical basis for each psychological skill will be examined, followed by practical training in the design and implementation of each psychological skill. Hands-on sessions will enable each participant to experience various psychological skills training interventions and to implement these interventions themselves in a sport setting.

Objectives:

At the end of the course, participants should be able to:

1. have a better understanding of applied sport psychology
2. identify the knowledge base for psychological skills training
3. have a brief understanding of the different aspects of psychological training
4. have the competent to teach basic psychological skills to athletes
5. be able to develop, implement and evaluate a psychological skills training programme

Assessment:

*Online Lesson Reflection (10%)*

*Applied Sport Psychology Research Article Review (20%)*

*Test (30%)*

*Project Work (40%): Applied Sport Psychology Project / Presentation*

Note: Assignment not submitted on time will not be marked.

**Recommended Text:**

Williams, J. M. (2010). *Applied sport psychology: Personal growth to peak performance* (6th ed.). New York: McGraw-Hill.