



Psychology - Sports Psychology & Mental Health Awareness

This course is currently being offered either face to face, online (via Microsoft Teams) or distance learning. The course will improve your understanding of sport psychology and develop your understanding of the importance of sport psychology in the success of sport performance. You will gain a greater understanding of various psychological and motivational factors and how they impact sport performance, including how these influence mental health and mental health issues. Studying stress, anxiety and self-confidence, you will look at related theories, and how these can enhance or inhibit performance. You will also gain an understanding of group dynamics and how to design a psychological skills improvement programme. Topics covered will include:

- Psychology and the various psychological theories (eg Bandura)
- Influence of sports psychology on sporting performance
- Physiological and motivational factors relating to sports psychology, including how they impact mental health
- Impact of stress, anxiety and self confidence on sporting performance
- Group dynamics and psychological profiling

WHAT WILL I NEED?

Please be prepared to provide your residency documents such as a passport, EU citizen ID card, UK Birth Certificate or Biometric Card. If you have been in the UK for less than 3 years or have entered the UK with a visa you will need to provide evidence that you are eligible to study in the UK - your visa, your biometric card that covers the duration of your course or any relevant home office documents to support your residency should all be uploaded. If you're an EU, EEA or Swiss citizen we will need to see evidence of 'Pre-Settled' or 'Settled-status' documents. Also for funding purposes we would need to see evidence of payslips if working (within the last 3 months). If you are receiving benefits (e.g JSA, ESA, Universal Credit (UC), Housing benefits etc. please provide evidence of this).

WHAT CAN I DO AFTER?

Upon successful completion of the course you can progress into further study in this area.

Start Date: 20 April 2023

Day: Thursday

Time: 09:00 - 17:00

Duration: 12 Weeks

Venue: Enfield Centre