Sports Psychology

What will I learn?
- Learn the fundamentals of sports psychology and how it is important for developing sports performance
- Methods and interventions used to enhance sporting performance

How will I learn?
Using a combination of visual and kinaesthetic approaches in a relayed, fun environment. Handouts

What equipment will I need to bring to the course each week?
- Pen and paper
- No special dress code required, something comfortable

What skills and abilities will I need to join the course?
- Open to everyone
- No previous knowledge of psychology necessary
- To be able to read, write and basic mathematic skills

How will you check my progress?
- Regular reviews and quizzes
- Practical observations and group activities
- Some home study

What will be my next stage to increase my skills?
- Sign post to wider all psychology program with ACL
- Stoke-On-Trent College, BTEC, wider sports qualification, A level psychology

If I need extra help what do I do?
Tell either your tutor or the Community Engagement Officer. We have specialist equipment and staff to give you the support you need to succeed on your course.

How do I contact Adult and Community Learning?
Tel: 01782 234775
Email: adult.learning@stoke.gov.uk
Web: www.stoke.gov.uk