

Study Abroad Programme

The module description below is from the 2019/20 academic year and is subject to change, and for the use of study abroad students only.

Module name	Coaching Psychology
Module code	PS3021
School	School of Social Sciences
Department or equivalent	Department of Psychology
UK credits	15
ECTS	7.5
Level	6
Delivery location (partnership programmes only)	

MODULE SUMMARY

Module outline and aims

The Department of Psychology's Coaching Unit is at the forefront of research and practice in the field of evidence based coaching and coaching psychology, and its staff and doctorate students will be involved in teaching on the module. This will assist students to gain knowledge of the most up to date theory, research and practice. The aim of the module is to introduce students to the developing field of evidence based coaching and coaching psychology.

Content outline

- The history and development of coaching and coaching psychology
- The differences and similarities between coaching, coaching psychology, counselling and mentoring.
- Examining the current research base; drawing parallels with the therapeutic and sports psychology literature.
- Developing the Scientist Practitioner model and Evidence Based Practice.
- Behavioural coaching models including GROW and PRACTICE
- Cognitive Behavioural, Solution Focused, and Humanistic approaches to coaching psychology practice.
- Applications of coaching psychology in the workplace, including leadership transition and derailment, improving performance, managing maternity, managing retirement.
- Coaching for stress reduction and enhancement of wellbeing.
- The coaching relationship and working alliance: tailoring the coach-coachee relationship to optimize outcomes.
- Evaluating and researching the effects of coaching – considerations and challenges.
- The relevance to coaching and coaching psychology of Goal Setting Theory, Game Theory, Social Learning and Cognitive Theory, Developmental Theories and Positive Psychology.
- Issues with measuring and assessing Return on Investment (ROI)

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Pre-requisite Modules

PS2007 Personality and Differential Psychology

WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this module, you will be expected to be able to:

Knowledge and understanding:

- Integrate coaching approaches into the wider psychological literature.
- Understand, evaluate, and articulate theories, techniques and principles that inform coaching psychology.
- Show knowledge of how the techniques and principles of coaching psychology can be applied to a range of situations and contexts.
- Identify the appropriate techniques and principles of coaching psychology to be utilised for specific intervention and behaviour modification for different individuals and issues.
- Articulate the importance of evidence based practice, along with the challenges of developing the research base in an emerging profession.

Skills:

- Demonstrate understanding through practical exercises, applying evidence based practice.
- Critically evaluate research
- Assess the implications of research papers for health psychology practice.
- Access and evaluate appropriate information sources (e.g. academic journals, specialist books, websites).
- Compare different theoretical and methodological approaches.
- Integrate and critically appraise information obtained from diverse sources.

Values and attitudes:

- Consider the diversity of views in coaching psychology.
- Show respect and tolerance for other people in the group, particularly during practical exercises.
- Understand the value of a scientific approach to coaching.
- Correctly reference the work of other people.

HOW WILL I LEARN?

Lectures and seminars, through feedback on assessments and through the learning materials provided online.

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Teaching pattern:

Teaching component	Teaching type	Contact hours (scheduled)	Self-directed study hours (independent)	Placement hours	Total student learning hours
	Lectures	20	130	0	150
Totals		20	130	0	150

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessments

A 2500 word coursework essay.

Assessment pattern:

Assessment component	Assessment type	Weighting	Minimum qualifying mark	Pass /Fail?
Written assignment	Written assignment	100	40	N/A

Assessment criteria

Assessment Criteria are descriptions of the skills, knowledge or attributes students need to demonstrate in order to complete an assessment successfully and Grade-Related Criteria are descriptions of the skills, knowledge or attributes students need to demonstrate to achieve a certain grade or mark in an assessment. Assessment Criteria and Grade-Related Criteria for module assessments will be made available to students prior to an assessment taking place. More information will be available from the module leader.

Feedback on assessment

Following an assessment, students will be given their marks and feedback in line with the Assessment Regulations and Policy. More information on the timing and type of feedback that will be provided for each assessment will be available from the module leader.

Assessment Regulations

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The pass mark for the module is 40%. Any minimum qualifying marks for specific assessments are listed in the table above. The weighting of the different components can also be found above. The Programme Specification contains information on what happens if you fail an assessment component or the module.

INDICATIVE READING LIST

Stober, D.R. & Grant, A.M. (2006) Evidence Based Coaching Handbook. Hoboken: John Wiley & Sons

Palmer, S. & Whybrow, A. (2007) Handbook of Coaching Psychology: A Guide for Practitioners. Hove: Routledge.

Journals and Publications:

The Coaching Psychologist

International Coaching Psychology Review

International Journal of Evidence Based Coaching and Mentoring

Coaching: An International Journal of Research and Practice