

COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΘΕ-331 Υπ.	SEMESTER	5 ^ο semester
COURSE TITLE	SPORT PSYCHOLOGY		
TEACHING ACTIVITIES		TEACHING HOURS PER WEEK	ECTS
Lectures (one of the units in a seminar form)		3	6
Practical application			
COURSE TYPE	Compulsory – General background course		
PREREQUISITE COURSES:	-		
TEACHING AND EXAMS LANGUAGE:	Greek		
OFFERED TO ERASMUS STUDENTS	Yes - Preparation of a thesis in English		
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED142/		

(2) LEARNING OUTCOMES

Learning outcomes
<ul style="list-style-type: none"> - Purpose of the course <p>The subject of the Sport Psychology is the main university course which implements psychology science in the field of exercise and sports. Its content aims at analyzing the psychological concepts which contribute towards checking athletes' behavior and maximizing their effort and performance. It also aims at (a) updating students on current international research and literature on Sports Psychology topics, (b) updating and understanding the psychological skills assessment techniques, (c) familiarizing students with the planning and conduct research studies on the field of the Sport Psychology.</p> <p>Upon successful completion of the course, the student will be able to:</p> <ul style="list-style-type: none"> - Describe the basic psychological concepts which contribute towards checking athletes' behavior and maximizing their effort and performance. - Explain and interpret the participants behavior on sports and exercise programs. - Implement the theoretical data in practice in order to change the athletes' and exercisers' behavior and performance. - Conduct scientific research in the field of Sport Psychology

General skills

- Autonomous work
- Team work
- Production of new research input in the field of the Sport Psychology
- Respect of multiculturalism and diversity
- Implementation of review and self-review

(3) COURSE CONTENT**Module units**

1. Introduction to Sport and Exercise Psychology
2. Motives: Self-confidence and internal motives
3. Sport orientation theory – Goal setting in sports – Attribution theory
4. Young athletes and sports
5. Personality and sports
6. Attention and concentration in sports
7. Stress, anxiety and mood state in sports
8. Stress coping skills in sports – Relaxation technique (seminar)
9. Psychological skills implementation – Mental practice and sports performance
10. Team cohesion
11. Leadership – Communication in sports
12. Spectators impact – Aggression and violence in sports
13. Sports injuries' and sports career termination psychological impact

Evaluation

- (a) Participation and attendance of the course (15%),
(b) Written examinations (85%)

For Erasmus+ & CIVIS students: Preparation of a thesis in English (100%)

References

- Weinberg, S.R., & Gould, D. (2015). *Foundations of Sport and Exercise Psychology* (7th ed., Ed. in Greek M. Psychountaki & N.A. Stavrou). Broken Hill Publishers Ltd.
- Cox, H.R. (2012). *Sports Psychology: Concepts and Applications* (7th ed., Ed. in Greek M. Psychountaki). Scientific Publications Parisianos A.E.