



<b>Course Code</b> SPSC-200	<b>Course Title</b> Sports Psychology	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> NONE
<b>Type of Course</b> Required	<b>Field</b> Psychology of Sports	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer</b> Dr Tsouloupas Costas Dr Maria Psychountaki
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

**Objectives of the Course:**

The module will introduce students to key concepts in Sport Psychology through the consideration of relevant theories, seminar and key research studies in this area and, where appropriate at this level, practical application. The main aim of the course is to provide an introductory examination of the key psychological factors that affect sport performance.

Aims:

1. To introduce students with no previous experience of psychology to the core areas of psychological theory.
2. To illustrate how different psychological theories can be used to understand behaviours in both sport and exercise environments.
3. Outline the importance of rigorous scientific method in the study of human behaviour.

**Learning Outcomes:**

On completion of this module, students should be able to:

1. Demonstrate core knowledge and understanding of the key theories and concepts in sport psychology.
2. Have a basic knowledge of the most important theories in the core areas of psychology, their methods, and the different results that such methods yield.
3. Identify how psychological research methods can be used to predict/measure sport behaviour.
4. Identify how psychological theories can be applied to the role of exercise in life patterns.
5. Describe the methodological issues and difficulties associated with psychological research.

**Course Contents:**

The module will cover a range of issues central to Sport Psychology, thus the indicative content is as follows:

1. Introduction to sport psychology.
2. Sport psychology and the coach.
3. Motivation (attribution theory, goal achievement theory, competence motivation theory, need achievement theory).
4. Arousal, stress and anxiety (drive theory, inverted U theory, IZOF hypothesis, multidimensional anxiety theory).
5. Team dynamics (cohesion, leadership).
6. Self-confidence (self-efficacy theory, sport confidence model).
7. Mood state, emotions and performance.
8. Developmental issues in sport psychology (self-esteem, moral development).

**Learning Activities and Teaching Methods:**

Lectures and discussions with students

**Assessment Methods:**

Midterm examination, Final examination, Essay/assignment, Attendance/participation

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Cox, R.H	Αθλητική Ψυχολογία: Έννοιες και εφαρμογές (5 <sup>η</sup> εκδ.) (επιμ. Ι. Ζέρβας)	Εκδόσεις Παρισιάνου	2004	960-394-290-1

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Weinberg, R.S., & Gould, D.	Αθλητική Ψυχολογία: Έννοιες και εφαρμογές (5 <sup>η</sup> εκδ.) (επιμ. Ι. Ζέρβας)	Champaign, IL: Human Kinetics	2003	0736044191