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| Course Code SPSC-420 | Course Title Applied Sports Psychology | ECTS Credits 6 |
| Department Sports Science | Semester Spring or Fall | Prerequisites SPSC-200, SPSC-360 |
| Type of Course Elective | Field Science of Sports: Coaching | Language of Instruction Greek |
| Level of Course 1 st Cycle | Year of Study 4 th | Lecturer Dr Psychountaki Maria Dr Tsouloupas Costas |
| Mode of Delivery face-to-face | Work Placement N/A | Co-requisites None |
| Recommended Optional Programme Components: N/A | | |

Objectives of the Course:

This course was designed to provide a thorough introduction to the key psychological factors influencing sport performance through the application of theoretical models studied in the previous years. Included will be information and strategies dealing with motivation, mental rehearsal, psychological skills training, and stress management. The course will consider a broad array of psychological factors such as relationships (e.g. coach-athlete), psychological burn out, pre-competitive anxiety and coping strategies. Practical recommendations will be offered that are designed to enhance sport performance. The course will include key note lectures that introduce students to key theoretical perspectives and research findings, practical sessions that involve the collection of data, and, seminars involving discussion of video material, journal articles, and data collected by students, both independently and in groups.

Learning Outcomes:

- On successful completion of this unit students should be able to:
1. Provide a basic understanding of the psychological skills training program as means to develop the psychological skills of coaches and athletes.
 2. Develop an improved understanding of sport psychology as it applies to coaching.
 3. Utilize knowledge to enhance the motivation, communication, stress management, use of mental imagery, coach-athlete relationship, and help coaches stimulate improved sport performances among their athletes.
 4. Identify potential problem areas for competitive athletes, eg. anxiety, concentration, motivation and burnout.
 5. Describe the psychological techniques used to counter performance problems and evaluate the relevance of psychological concepts and research to these concerns.
 6. Discuss group dynamics associated with performance and unity.

Course Contents:**Psychological Skills for Athletes**

1. Introduction to Psychological Skills training
2. Imagery
3. Managing Psychic Energy
4. Stress Management
5. Attention
6. Self-Confidence and Goal-Setting Skills
7. Implementing Psychological Skills Training
8. Pre-competitive anxiety and coping strategies.
9. Applied Practical recommendations.

Learning Activities and Teaching Methods:

Lectures and discussions

Assessment Methods:

Midterm Examination, Final examination, essay/assignment, attendance/participation

Required Textbooks:

| Authors | Title | Publisher | Year | ISBN |
|----------------|---|----------------------------|-------------|-------------|
| B.D. Hemmings | Applied Sport Psychology: A Case-Based Approach | John Wiley & Sons, Limited | 2009 | 0470725737 |

Recommended Textbooks/Reading:

| Authors | Title | Publisher | Year | ISBN |
|------------------|---|------------------------|-------------|-------------|
| Jean M. Williams | Applied Sport Psychology: Personal Growth to Peak Performance | McGraw-Hill | 2005 | 0072843837 |
| Larry M. Leith | The Psychology of Coaching Team Sports: A Self-Help Guide | Sport Books Publishers | 2002 | 0920905803 |