



UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

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 <ol style="list-style-type: none"> 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.
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Learning Activities and Teaching Methods:

Lectures and discussions

Assessment Methods:

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