

SPSC-530 Exercise Psychology
University of Nicosia, Cyprus

Course Code SPSC-530	Course Title Exercise Psychology	ECTS Credits 10
Department Life & Health Sciences	Semester Fall or Spring	Prerequisites None
Type of Course Elective	Field Sports Science	Language of Instruction Greek
Level of Course 2 nd Cycle	Year of Study 1 st or 2 nd	Lecturer(s) Dr Costas Tsouloupas
Mode of Delivery Face-to-face with support of electronic resources	Work Placement N/A	Co-requisites None

Objectives of the Course:

This course is designed to help students both learn and then apply practical as well as theoretical information as it relates to the psychology of exercise. The main objective of this class is to bridge the gap between theory and real world situations.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Acquire knowledge about the basic psychological concepts of athletes.
2. Understand the cognitive and emotional development of athletes.
3. Demonstrate understanding of motivational principles in coaching environments.
4. Understand different types of leadership styles relevant to coaching contexts.
5. Develop a philosophy of coaching.
6. Use technology effectively.
7. Understand the underlying psychological issues related to sports injuries.
8. Facilitate sportsmanship, positive learning environments, and positive well being in athletes.
9. Acquire knowledge about techniques related to enhancing mental preparation for athletes.

Course Contents:

1. Personality and Exercise.
2. Stereotypes in Exercise.
3. Programming and Goal setting.
4. Exercise Self-Efficacy.
5. Communication: Feedback, Reinforcement, and Rewards.
6. Stages of Change in Physical Activity Behaviors.
7. Group Cohesion and Group Dynamics.
8. Enhancing Performance & Reducing Negative Aspects in Exercise.
9. Enhancing Performance & Reducing Negative Aspects in Exercise [Cont’].
10. Dealing with Athletic Injuries.
11. Addictive Behaviors.

12. Burnout and Overtraining.

Learning Activities and Teaching Methods

Lectures, Lab Tutorials, Practical Exercises and Assignments. In-Class Exercises, Student-Led Presentations

Assessment Methods

Homework Assignments, Practical Exercises, Projects, Midterm Examination, Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Cox, R.H.	Sport Psychology: Concepts and Application	McGraw-Hill	2011	0078022479

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Weinberg, R. & Gould, D.	Foundations of Sport and Exercise Psychology	Human Kinetics	2006	0736064672