

**UNIVERSITY OF THESSALY****MSc Course “PSYCHOLOGY OF SPORT & EXERCISE”****INFORMATION ABOUT THE MODULE**

1. **TITLE OF MODULE:** Psychological foundations of sport and physical activity
2. **CODE OF MODULE:** 02
3. **MAIN LECTURER:** Hatzigeorgiadis Antonis e-mail: ahatzi@pe.uth.gr
4. **OTHER LECTURERS:**
5. **MODE OF TEACHING/CONDUCT:** Twelve 3-hour meetings
6. **IDENTIFICATION OF MODULE:** Module of the 1<sup>st</sup> semester

**Key-words:**

Sport psychology, Exercise Psychology, Basic Theories

**7. AIM OF THE MODULE**

This module aims to provide students with a good understanding of basic theories, research and applications from psychology and social psychology in relation to exercise participation and sport performance.

**8. LEARNING OUTCOMES**

At the end of this module students should:

- Have a broad understanding of a variety of theoretical perspectives pertinent to sport and exercise psychology
- Acquire knowledge on the research literature that allows for a critical view in contemporary sport and exercise psychology issues
- Obtain an understanding on how psychological principles are applied within the exercise and sport contexts
- Develop their abilities in reviewing and reporting the research literature and advancing oral presentation skills

**9. TEACHING METHODS**

Lectures, Seminars

## 10. TIMETABLE & PLANNING

/	Session Leader	Topic
1	Hatzigeorgiadis Antonis	Introduction
2	Hatzigeorgiadis Antonis	Self-Efficacy
3	Hatzigeorgiadis Antonis	Achievement Goals
4	Nikos Chatzisarantis	Self-Determination
5	Hatzigeorgiadis Antonis	Physical self-perceptions
6	Hatzigeorgiadis Antonis	Anxiety and performance
7	Alexander Latinjak	Emotions
8	Hatzigeorgiadis Antonis	Team dynamics
9	Hatzigeorgiadis Antonis	Leadership
10	Hatzigeorgiadis Antonis	Relationships & Communication
11	Hatzigeorgiadis Antonis	Seminar 1 – Students' presentations: Issues in exercise psychology
12	Hatzigeorgiadis Antonis	Seminar 2 – Students' presentations: Issues in sport psychology

## 11. EVALUATION:

- 40% Literature review essay
- 20% Literature review presentation
- 30% Weekly exercises
- 10% Article presentation

## 12. SUGGESTED HANDBOOKS

- Papaioannou, A. & Hackfort, D. (2014). *Routledge Companion to Sport and Exercise Psychology: Global perspectives and fundamental concepts*. Routledge: Taylor & Francis.
- Murphy, S. (2012.) *The Oxford Handbook of Sport and Performance Psychology* (pp. 191-212). Oxford University Press.
- Tenenbaum, G., Eklund, R.C. (Eds.) (2007). *Handbook of Sport Psychology* (3<sup>rd</sup> Edition). New York: Wiley.
- Singer, R.N., Hausenblas, H.A., & Jenelle, C.M. (2001). *Handbook of Sport Psychology* (2<sup>nd</sup> Edition). New York: Wiley.
- Roberts, G.C. & Trerasuer, D.C. (2012). *Advances in motivation in sport and exercise*. Champaign, Ill: Human Kinetics.
- Carron, A., Hausenblas, H.A., & Eys, M.A. (2005). *Group Dynamics in Sport*. Morgantown, WV: Fitness Information Technology.
- Jowett, S. & Lavallee, D. (2007). *Social Psychology in Sport*. Champaign, Ill: Human Kinetics.

## OUTLINE

### Lecture 1

Title	Content	Key-words
Introduction to Sport & Exercise Psychology	The lecture overviews the field of sport and exercise psychology. The domains of sport and exercise psychology will be presented, the objectives and the key research issues will be discussed.	Sport psychology; Exercise psychology; Aims and objectives; Research questions
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Horn, T. (2002). <i>Advances in Sport Psychology</i>. Champaign, Ill: Human Kinetics.</li> <li>• Weinberg, R.S., &amp; Gould, D. (2007). <i>Foundations of sport and exercise psychology</i>. New York: Human Kinetics.</li> </ul>	

### Lecture 2

Title	Content	Key-words
Social Cognitive Theories – Self-Efficacy	The lecture outlines the social-cognitive framework to exercise and physical activity; The self-efficacy theory will be more explicitly presented and discussed.	Social cognitive theory; Self-efficacy; Motivation; Exercise
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Roberts, G.C. &amp; Trerasuer, D.C. (2012). <i>Advances in motivation in sport and exercise</i>. Champaign, Ill: Human Kinetics.</li> <li>• Bandura, A. (1997). <i>Self-efficacy: The exercise of control</i>. New York: W. H. Freeman.</li> <li>• McAuley, E., Pena, M. M., Jerome, G. J. (2001). Self-efficacy as a determinant and an outcome of exercise. In G. C. Roberts, (Ed), <i>Advances in motivation in sport and exercise</i>. Champaign, IL: Human Kinetics.</li> <li>• Feltz, D. L. &amp; Lirgg, C. D. (2001). Self-eficacy beliefs of athletes,, teams and coaches. In R.N. Singer, H.A. Hausenblas, &amp; C.M. Janelle (Eds), <i>Handbook of Sport Psychology</i> (2<sup>nd</sup> edition), pp. 340-361.</li> </ul>	

### Lecture 3

Title	Content	Key-words
Achievement Goals	The lecture focuses on the goal orientations approach to achievement motivation. The popular theory will be presented and its extensions to motivational climate in sport and exercise.	Achievement motivation; Goal Orientations; Task and EgoOrientation; Motivational Climate; Mastery and Performance Climate
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Roberts, G.C. &amp; Trerasuer, D.C. (2012). <i>Advances in motivation in sport and exercise</i>. Champaign, Ill: Human Kinetics</li> <li>• Duda, J. &amp; Hall, H. (2001). Achivement goal theory in sport: Recent extensions and future directions. In R.N. Singer, H.A. Hausenblas, &amp; C.M. Jenelle, <i>Handbook of Sport Psychology</i> (2nd Edition). New York: Wiley.</li> <li>• Roberts, G.C., Treasure, D.C., &amp; Conroy, D.E. (2007). Understanding the dynamics of motivation in sport and physical activity: An achievement goal interpretation. In, G. Tenenbaum &amp; R.C. Eklund (Eds.), <i>Handbook of Sport Psychology</i> (3rd Edition). New York: Wiley.</li> </ul>	

### Lecture 4

Title	Content	Key-words
Intrinsic and Extrinsic motivation: The Self Determination approach	The lecture focuses on self-determination theory and its applications in sport and exercise.	Behavioural regulation; basic needs, autonomy, competence, relatedness.
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Roberts, G.C. &amp; Trerasuer, D.C. (2012). Advances in motivation in sport and exercise. Champaign, Ill: Human Kinetics.</li> <li>• Hagger, M. &amp; Chatzisarantis, N. (2007). Intrinsic Motivation and Self-Determination in Exercise and Sport. Champaign, Ill: Human Kinetics.</li> <li>• Deci, E. L., &amp; Ryan, R. M. (2004). Overview of self-determination theory: An organismic dialectical perspective. In E. L. Deci, &amp; R. M. Ryan (Eds.), <i>Handbook of self-determination research</i> (pp. 3-33). Rochester, NY: The University of Rochester Press.</li> <li>• Frederick-Recascino, C. M. (2004). Self-determination theory and participation motivation research in the sport and exercise domain. In E. L. Deci, &amp; R. M. Ryan (Eds.), <i>Handbook of self-determination research</i> (pp. 277-294). Rochester, NY: The University of Rochester Press.</li> </ul>	

### Lecture 5

Title	Content	Key-words
Physical Activity & the Physical Self	The lecture focuses on the role of self-perceptions in motivation and physical activity behaviour. The self-esteem approach and relevant models will be particularly discussed.	Self-concept; Self-perceptions; Self-esteem; Motivation
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Jowett, S. &amp; Lavallee, D. (2007). Social Psychology in Sport. Champaign, Ill: Human Kinetics.</li> <li>• Fox, K.R. (1997). The physical self: from motivation to well-being. Champaign, Ill., Human Kinetics.</li> <li>• Fox, K.R. (2002). Self-perceptions and sport behavior. In T.S. Horn, (ed.), <i>Advances in sport psychology</i> (2nd ed). Champaign, Ill., Human Kinetics.</li> </ul>	

### Lecture 6

Title	Content	Key-words
Anxiety and performance	The lecture focuses on the evolution of the anxiety – performance literature; presentation of theories and models developed to describe the anxiety – performance relationship and the mechanisms underlying the relationship will be discussed.	Multi-dimensional anxiety theory; Direction of anxiety; Catastrophe models; Control process theory
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Murphy, S. (2012.) <i>The Oxford Handbook of Sport and Performance Psychology</i> (pp. 191-212). Oxford University Press</li> <li>• Woodman, T., &amp; Hardy, L. (2001). Stress and Anxiety. In R.N. Singer, H.A. Hausenblas, &amp; C.M. Janelle (Eds), <i>Handbook of Sport Psychology</i> (2<sup>nd</sup> edition), pp. 290-318.</li> </ul>	

**Lecture 7**

Title	Content	Key-words
Emotions	Definitions, dimensions, structure, emotions and sport performance	Valence, direction, intensity, time, emotional reactivity
<b>Readings</b>	<p>Murphy, S. (2012.) The Oxford Handbook of Sport and Performance Psychology (pp. 191-212). Oxford University Press.</p> <p>Hanin, Y. L. (2000). Emotions in sport. Human Kinetics.</p> <p>Hanin, Y. L. (2007). Emotions in Sport: Current Issues and Perspectives. In G. Tenenbaum &amp; R. C. Eklund (Eds.), Handbook of Sport Psychology, 3rd Edition (pp. 31-58). Hoboken, New Jersey: John Wiley &amp; Sons, Inc.</p> <p>Uphill, M. A., McCarthy, P. J., &amp; Jones, M. V. (2009). Getting a grip on emotion regulation in sport: conceptual foundations and practical application. In S.D. Mellalieu &amp; S. Hanton (Eds.), Advances in applied sport psychology: A review (pp. 162-194). London: Routledge.</p>	

**Lecture 8**

Title	Content	Key-words
Team functioning & Team cohesion	The lecture focuses on issues relevant to the formation and the development of groups; factors that affect the functioning of the group; and outcomes related to group dynamics will be discussed.	Team processes; Team cohesion; Social loafing; Competition and co-operation
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Carron, A., Hausenblas, H.A., &amp; Eys, M.A. (2005). Group Dynamics in Sport. Morgantown, WV: Fitness Information Technology.</li> <li>• Jowett S. &amp; Lavallee, D. (2007). <i>Social psychology in sport</i>. Champaign, IL: Human Kinetics.</li> <li>• Paskevich, D.M., Estabrooks, P.A., Brawley, L.R., &amp; Carron, A.V. (2001). Group cohesion in sport and exercise. In R.N. Singer, H.A. Hausenblas, &amp; C.M. Janelle (Eds), Handbook of Sport Psychology (2<sup>nd</sup> edition), pp. 472-494. New York: Wiley.</li> <li>• Horn, T. (2002). Advances in Sport Psychology. Champaign, Ill: Human Kinetics.</li> </ul>	

**Lecture 9**

Title	Content	Key-words
Leadership	The lecture focuses on issues relevant to the role of leaders in sport, presents principles, antecedents and consequences of leadership, and discusses components of effective leadership.	Leadership style; Leader's qualities; Multidimensional model of leadership
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Jowett S. &amp; Lavallee, D. (2007). <i>Social psychology in sport</i>. Champaign, IL: Human Kinetics.</li> <li>• Chelladurai, P. (2007). Leadership in sport. In G. Tenenbaum, &amp; R.C. Eklund (eds), Handbook of Sport Psychology (3rd edition), pp. 113-135.</li> <li>• Carron, A., Hausenblas, H.A., &amp; Eys, M.A. (2005). Group Dynamics in Sport. Morgantown, WV: Fitness Information Technology.</li> <li>• Horn, T. (2002). Advances in Sport Psychology. Champaign, Ill: Human Kinetics.</li> </ul>	

**Lecture 10**

Title	Content	Key-words
Relationships & Communication	The lecture focuses on coach-athlete relationship in sport. Communication processes in groups, communication-related problems and strategies aiming at optimizing communication in groups will be discussed.	Coach-athlete relationship; Group communication; Communication skills; Communication strategies
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Jowett S. &amp; Lavallee, D. (2007). <i>Social psychology in sport</i>. Champaign, IL: Human Kinetics.</li> <li>• Weinberg, R.S., &amp; Gould, D. (2007). <i>Foundations of sport and exercise psychology</i>. New York: Human Kinetics.</li> <li>• Carron, A., Hausenblas, H.A., &amp; Eys, M.A. (2005). <i>Group Dynamics in Sport</i>. Morgantown, WV: Fitness Information Technology.</li> </ul>	

**Lecture 11-12**

Title	Content	Key-words
Students' presentations: Issues in sport and exercise psychology.	Presentation of assignments.	Literature Review; Presentations skills; Presentation principles;
<b>Readings</b>	<ul style="list-style-type: none"> <li>• Thody, A. (2006). <i>Writing and Presenting Research</i>. London: Sage.</li> <li>• Thomas, J.R., Nelson, J.K., &amp; Silverman, S.J. (2007). <i>Research methods in physical activity</i> (5<sup>th</sup> edition). Windsor: Human Kinetics.</li> </ul>	