

UNIVERSITY OF THESSALY

Master of Science in PSYCHOLOGY OF EXERCISE

Information about the Module

1. **MODULE TITLE:** **Counselling skills and special issues in sport and exercise**
2. **MODULE CODE:**
3. **MAIN LECTURER:** Asterios Patsiaouras Tel:+30.2431047062, Email: spats@pe.uth.gr
4. **OTHER LECTURERS:** Yannis Theodorakis Tel:+30.2431047001, Email: theodorakis@pe.uth.gr
5. **TEACHING MODE:** Twelve 3-hour meetings
6. **MODULE ID:** Module of the 2nd semester

Module Keywords: counseling theories/practices, athletes, exercisers, clinical populations

7. AIM OF THE MODULE:

Students will acquire the necessary knowledge (a) on special issues encountered in sport and physical activity settings and (b) on counseling theories and practices that can be applied when working with athletes and/or exercise participants.

8. LEARNING OUTCOMES:

At the end of this module students should:

- Ñ have the knowledge on special issues and situations that arise in the real sport settings and physical activity that may require their services
- Ñ understand the theoretical background of the counseling skills and techniques often involved in exercise and sport psychology that provide a solid consulting basis for working effectively with clients

9. TEACHING METHOD:

Lectures, exercises and discussions-

10. TIMETABLE & PLANNING:

	Lecturer	Topic
01	Patsiaouras	Intro to class
01	Patsiaouras	Coach athlete dyad. The honeymoon is over: taking the next steps
02	Patsiaouras	Crisis management and crisis intervention
03	Guest Lecturer	
04	Patsiaouras	Approaching counseling: The psychodynamic model
05	Patsiaouras	Approaching counseling: The behavioral model
06	Patsiaouras	Approaching counseling: The cognitive model
07	Patsiaouras	Approaching counseling: The humanistic model
08	Theodorakis	The psychology of exercise for clinical populations
09	Theodorakis	Attitudes and attitude change in sport and exercise settings. The planned behavior model
10	Theodorakis	The psychology of sport injury rehabilitation
11	(Patsiaouras-Theodorakis)	Students' presentations
12	Guest Lecturer	

11. STUDENT EVALUATION

- Stimulus –Response Exercise 60%
 - Write up (30%)
 - Oral presentation (30%)
- Written exam 40% (take home exam given out on April 21st and turned in on May 21st)

Grading system in effect

A	90-100	C	70-79	E	50-59
B	80-89	D	60-69	Failed	<49

12. SUGGESTED TEXTBOOKS

1. Cox, R.H. (2007). *Sport Psychology: Concepts and applications* -- Int'l Edition (6th ed.). London: McGraw Hill.
2. Hill, K. L. (2000). *Frameworks for Sport Psychologists*. Champaign, IL: Human Kinetics.
3. Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics
4. Tenenbaum, G., Eklund, R.C. (Eds.) (2007). *Handbook of Sport Psychology* (3rd ed.). London: Wiley.
5. Williams, J.M. (Ed.) (2006). *Applied sport psychology: Personal growth to peak performance* (5th ed.). London: McGraw Hill.
6. Brown, S.D., Lent, W.R. (1992). *Handbook of Counseling Psychology* (2nd ed.). NY: John Willey & Sons Inc.
7. Mottram D.R. (1996). *Drugs in Sport* (2nd ed.). London: Chapman & Hall.
8. , , & , . (2008). μ . :

OUTLINE

The assigned readings ought to be done before you come to class. When in the instructor assumes the readings were done, you know the basics, and expect you to be in position to express your opinion critically.

Lecture 01 –

Title	Content	Keywords
Introduction	<ul style="list-style-type: none"> Intro to class and class assignments 	Introduction to themes during the semester . Setting schedule and timetable for assignments
Assigned Readings:		

Lecture 01 –

Title	Content	Keywords
Coach - athlete dyad. The honeymoon is over: taking the next steps	<ul style="list-style-type: none"> Coach- athlete dyad Definitions Issues for support personnel Relevant research Is prevention a possibility? Relationship between athlete coach Relationship based intervention between coach – athlete Coping with problems Crisis and obstacles overcoming between coach - athlete Prevention 	Coach –athlete dyad,
Assigned Readings:	<p>Jowett, S. (2003). When the" honeymoon" is over: A case study of a coach-athlete dyad in crisis. <i>Sport Psychologist</i>, 17(4), 444-460.</p> <p>Louise Davis, Sophia Jowett, and Marc-André K. Lafrenière (2013). An Attachment Theory Perspective in the Examination of Relational Processes Associated With Coach-Athlete Dyads. <i>Journal of Sport & Exercise Psychology</i>, 35, 156-167</p> <p>Ben Jackson, Mark R. Beauchamp (2010). Efficacy Beliefs in Coach–Athlete Dyads: Prospective Relationships Using Actor–Partner Interdependence Models. <i>Applied Psychology: An International Review</i>, 59(2), 220–242. doi: 10.1111/j.1464-0597.2009.00388.x</p>	

Lecture 02 –

Title	Content	Keywords
Crisis management and intervention	<ul style="list-style-type: none"> What is a crisis management Definition Psychological factors, coping with problems Relevant research Approaching techniques 	crisis management, coping, intervention strategies, relevant techniques to handle difficult situations

Assigned Readings:	<p>Brown, S.D., Lent, W.R. (1992). <i>Handbook of Counseling Psychology</i> (2nd ed.). NY: John Willey & Sons Inc.</p> <p>Mikusova, M., Horvathova P. (2011). <i>Psychological And Sociological Approaches On The Crisis And Its Management</i>. International Conference on Business and Economics Research vol.1. ACSIT Press, Kuala Lumpur, Malaysia.</p> <p>Buchko, K.J. (2005). Team Consultation Following an Athlete s Suicide: A Crisis Intervention Model. <i>The Sport Psychologist</i>, 19, 288-302.</p>
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Lecture 03 –

Title	Content	Keywords
Guest Lecturer		
Assigned Readings:		

Lecture 04 –

Title	Content	Keywords
The psychodynamic model and its application to sport psychology	<ul style="list-style-type: none"> ▪ Psychodynamic learning theories ▪ Definitions ▪ Basic concepts ▪ Application to sport ▪ The transference concept and the athlete-coach projection 	psychodynamic model, transference, projection
Assigned Readings:	<p>Hill, K.L. (2000). Chapter 1. <i>Frameworks for Sport Psychologists: Enhancing Sport Performance</i>. Human Kinetics Publishers.</p> <p>Strean B.W., & Strean S.H. (1998). Applying psychodynamic concepts to sport psychology practice. <i>The Sport Psychologist</i>, 12, 208-222.</p> <p>Conroy, D.E. (2003). Representational models associated with fear of failure in adolescents and young adults. <i>Journal of Personality</i> 71/ 5, 757-783.</p> <p>Conroy, D.E. & Benjamin L.S. (2001). Psychodynamics in sport performance enhancement consultation: Application of an interpersonal theory. <i>The Sport Psychologist</i>, 15, 103-107.</p>	

Lecture 05 –

Title	Content	Keywords
The behavioral model and its application to sport psychology	<ul style="list-style-type: none"> ▪ Behavioral learning theories ▪ Definitions ▪ Basic concepts ▪ Application to sport ▪ Learning environment in sport settings 	behavioral model, classic conditioning, operant conditioning, objectivism, mechanism, positivism
Assigned Readings:	<p>Hill, K. L. (2000). Chapter 2. <i>Frameworks for Sport Psychologists: Enhancing Sport Performance</i>. Human Kinetics Publishers.</p> <p>Bandura, A. (1977). <i>Self-efficacy: Toward a unifying theory of behavioral change</i>. Englewood Cliffs, N.J. Prentice-Hall</p> <p>Bandura, A. (1982). Self-efficacy mechanism in human agency. <i>American Psychologist</i>. 37/2, 122-174.</p> <p>Allison, M., & Ayllon, T. (1980). Behavioral coaching in the development of skills in football, gymnastics, and tennis. <i>J Appl Behav Anal.</i>, 13 /2, 297-314.</p> <p>Harding, J., Wacker D., Berf, W., Rick, G., & Lee, J. (2004). Promoting response variability and stimulus generalization in martial arts training. . <i>J Appl Behav Anal.</i>, 37, 185-195</p>	

Lecture 06 –

Title	Content	Keywords
The cognitive model and its application to sport psychology	<ul style="list-style-type: none"> ▪ Cognitive/constructivist learning theories ▪ Social-cognitive learning theories ▪ Definitions ▪ Basic concepts ▪ Application to sport ▪ Transferring skills between the athlete and the coach 	cognitive model, social skills, locus of control, explanatory style
Assigned Readings:	<p>Hill, K.L. (2000). Chapter 3. <i>Frameworks for Sport Psychologists: Enhancing Sport Performance</i>. Human Kinetics Publishers.</p> <p>Baldwin, T.T., & Ford, J. K. (1988). Transfer of training: A review and directions for future research. <i>Personnel Psychology</i>, 4/1, 63-105</p> <p>Thomas, J.R., Yan, J.H., & Stelmach, G.E. (2000). Movement substructures change as a function of practice in children and adults. <i>Journal of Experimental Child Psychology</i>, 75, 228-244.</p>	

	Huitt, W., & Hummel, J. (2003). Piaget's theory of cognitive development. <i>Educational Psychology Interactive</i> . Valdosta, GA: Valdosta State University. Accessed at http://chiron.valdosta.edu/whuitt/col/cogsys/piaget.html
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Lecture 07 –

Title	Content	Keywords
The humanistic model and its application to sport psychology	<ul style="list-style-type: none"> ▪ Humanities learning theories ▪ Definitions ▪ Basic concepts ▪ Application to sport ▪ Motivation and its relation to athletes' personal development 	Humanistic approach, person-centered method, self-actualization
Assigned Readings:	<p>Hill, K. L. (2000). Chapter 4. <i>Frameworks for Sport Psychologists: Enhancing Sport Performance</i>. Human Kinetics Publishers.</p> <p>Rogers, C. (1986). <i>Client-centered therapy</i>. London: Constable.</p> <p>Buckley, S., Hasen, G., & Ainley, M. (2004). <i>Affective engagement: A person-centred approach to understanding the structure of subjective learning experiences</i>. Paper presented at the annual meeting of the Australian Association for Research in Education, Melbourne. Retrieved on 03/12/2007 from http://www.aare.edu.au/04pap/buc04762.pdf</p> <p>Ravizza, K. (1977). Peak experiences in sport. <i>Journal of Humanistic Psychology</i>, 17, 35-40.</p> <p>Patterson, T. G., and Joseph, S. (2007). Person-Centered Personality Theory: Support from Self-Determination Theory And Positive Psychology. <i>Journal of Humanistic Psychology</i>, 47, 117-139.</p>	

Lecture 08 –

Title	Content	Keywords
The psychology of exercise for clinical populations	<ul style="list-style-type: none"> ▪ Physiological effects of exercise for clinical population ▪ Psychological effects of exercise ▪ Recommended types of physical activities and exercise prescription ▪ strategies for sustaining motivation ▪ Relevant research 	Physical activity, clinical, quality of life, Intervention, strategies for exercise participation
Assigned Readings:	<p><i>Chi Pang Wen*, Jackson Pui Man Wai*, Min Kuang Tsai, Yi Chen Yang, Ting Yuan David Cheng, Meng-Chih Lee, Hui Ting Chan, Chwen Keng Tsao, Shan Pou Tsai, Xifeng Wu (2011)</i>. Minimum amount of physical activity for reduced mortality and extended life expectancy: a prospective cohort study. <i>Lancet</i> 2011; 378: 1244–53. DOI:10.1016/S0140-6736(11)60749-6.</p> <p>Carol Ewing Garber, Bryan Blissmer, Michael R. Deschenes, Barry A. Franklin, Michael J. Lamonte, I-Min Lee, David C. Nieman, & David P. Swain, (2011) Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise. <i>MEDICINE & SCIENCE IN SPORTS & EXERCISE</i>, DOI: 10.1249/MSS.0b013e318213febf</p> <p>Maggouritsa, G., Kokaridas, D., Theodorakis, Y., Patsiaouras, A., Mouzas, O., Dimitrakopoulos, S., & Diggelidis, N. (in press). The effect of a physical activity program on improving mood profile of patients with schizophrenia. <i>International Journal of Sport and Exercise Psychology</i>.</p> <p><u>Speck, R.M., Courneya, K.S., Mâsse, L.C., Duval, S., & Schmitz, K.H.</u> (2010). An update of controlled physical activity trials in cancer survivors: A systematic review and meta-analysis. <i>Journal of Cancer Survivorship</i>, 4, 87-100.</p> <p>Theodorakis Y. (2010). Exercise, Health, and Quality of Life. , Thessaloniki. Christodoulidi Edition. http://www.xristodoulidi.gr/prodinfo.asp?id=880&cat=124</p>	

Lecture 09 –

Title	Content	Keywords
Attitudes and attitude change in sport and exercise settings. The planned behavior model	<ul style="list-style-type: none"> ▪ The nature of attitudes ▪ The cognitive, affective and behavioral component of attitude ▪ Behavioral beliefs ▪ The planned behavior model ▪ Changing behaviors by changing attitudes and beliefs 	Attitude, attitude change, planned behavior
Assigned Readings:	<p>Ajzen, I. (2005). <i>Attitudes, personality and behavior</i> (2nd ed.). Milton Keynes Open University Press, UK.</p> <p>Ajzen, I. (2013). The theory of Planned behavior. Retrieved from</p>	

	<p>www.unix.oit.umass.edu/~aizen</p> <p>Mary Hassandra, Symeon P. Vlachopoulos, Evdoxia Kosmidou, Antonis Hatzigeorgiadis, Marios Goudas & Yiannis Theodorakis (2011): Predicting students' intention to smoke by theory of planned behaviour variables and parental influences across school grade levels, <i>Psychology & Health</i>, DOI:10.1080/08870446.2011.605137.</p> <p>Theodorakis, Y. (1994). Planned behavior, attitude strength, self-identity, and the prediction of exercise behavior. <i>The Sport Psychologist</i>, 8, 149-165.</p>
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Lecture 10 –

Title	Content	Keywords
The psychology of sport injury rehabilitation	The biopsychosocial model of sport injury rehabilitation. Psychological factors in sport injury rehabilitation A model of injury rehabilitation Intervention strategies	Injury, sport, rehabilitation,
Assigned Readings:	<p>Theodorakis, Y., Malliou, P., Papaioannou, A., Beneca, A., & Filactacidou, A. (1996). The effect of personal goals, self-efficacy and self-satisfaction on injury rehabilitation. <i>Journal of Sport Rehabilitation</i>, 5, 173-183.</p> <p>Theodorakis, Y., Beneca, A., Goudas, M., Antoniou, P., & Malliou, P. (1998). The effect of self-talk on injury rehabilitation. <i>European Yearbook of Sport Psychology</i>, 2, 124-135.</p> <p>Theodorakis, Y., Beneca, A., Malliou, P., & Goudas, M. (1997). Examining psychological factors during injury rehabilitation. <i>Journal of Sport Rehabilitation</i>, 6, 355-363.</p> <p>Williams, J., & Andersen, M. (2007). Psychosocial antecedents of sport injury and interventions for risk reduction. In G. Tenenbaum, & R. Eklund (Eds.), <i>Handbook of sport psychology</i> (pp. 379-403). New Jersey. John Wiley & Sons, Inc.</p>	

Lecture 11 –

Title	Content	Keywords
Students' presentations II	Write-up of a case study presented and discussed	Content & student's presentation skills!!!!
Assigned Readings:		

Lecture 12 –

Title	Content	Keywords
Guest Lecturer		
Assigned Readings:		

General guidelines for course assignments

The structure and content of all written and oral assignments will be discussed and explained in detail during our first class meeting. For any written assignment, please follow the guidelines provided by the latest American Psychological Association manual. Before turning in your work, please proofread it: If I can't read it, I cannot assign a proper grade!