

## COURSE OUTLINE

### GENERAL

<b>SCHOOL</b>	School of Physical Education, Sport Science & Dietetics		
<b>DEPARTMENT</b>	Department of Physical Education & Sport Science		
<b>STUDY LEVEL</b>	Postgraduate Master Program		
<b>COURSE CODE</b>	IC1	<b>STUDY SEMESTER</b>	2 <sup>nd</sup>
<b>COURSE TITLE</b>	European Dimension of Sport and Exercise Psychology		
<b>SELF CONTAINED TEACHING ACTIVITIES</b>	<b>TOTAL TEACHING HOURS</b>		<b>COURSE CREDITS</b>
Intensive 7-day Course	36		7
<b>COURSE TYPE</b>	General Knowledge		
<b>PREREQUISITE MODULES</b>	None		
<b>TEACHING AND EXAM LANGUAGE</b>	English		
<b>COURSE IS AVAILABLE TO ERASMUS STUDENTS</b>	Yes		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://eclass.uth.gr/courses/PE_P_133/">https://eclass.uth.gr/courses/PE_P_133/</a>		

### LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><b>At the end of this module students should:</b></p> <ul style="list-style-type: none"> <li>• Enhance their understanding of sport psychology research and practice in Europe</li> <li>• Enhance their understanding of exercise psychology research and practice in Europe</li> <li>• Understand different approaches to the study of sport and exercise psychology</li> <li>• Develop knowledge regarding the role of culture in European sport and exercise psychology</li> <li>• Become aware of aspects of cultural sport psychology practices across Europe</li> <li>• Develop skills for networking with scholars and colleague across Europe</li> </ul>
<b>General Competencies</b>
<p><b>At the end of this module students will develop competences involving:</b></p> <ul style="list-style-type: none"> <li>• Working in an international environment</li> <li>• Respect for diversity and multiculturalism</li> <li>• Promotion of free, creative and inductive thought</li> <li>• Adaptation to new situations</li> <li>• Decision making</li> <li>• Working Independently</li> <li>• Working in a team</li> <li>• Production of new research ideas</li> <li>• Project Planning and Management</li> </ul>

### COURSE CONTENT

<b>Course Content</b>
<ul style="list-style-type: none"> <li>• Invited Lectures from all over Europe are invited to teach on topics of their expertise.</li> <li>• Classes include lectures, seminars, and workshops.</li> </ul>

### TEACHING AND LEARNING METHODS - EVALUATION

<b>TEACHING METHOD</b>	In person
------------------------	-----------

<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	E-class	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures	36
	Study	108
	Essays - Applied Exercises	40
	Module Total	<b>184</b>
<b>STUDENT ASSESSMENT</b>	Students can choose the assignments from two of the topics that were presented. Assignments typically include essays and applied exercises.	

## READING LIST

<p><b>Recommended bibliography:</b></p> <ul style="list-style-type: none"> <li>• Raab, M., Wylleman, P., Seiler, R., Elbe, A.-M., &amp; Hatzigeorgiadis, A. (2016). Sport and Exercise Psychology Research: From Theory to Practice. New York: Elsevier.</li> <li>• Papaioannou, A. &amp; Hackfort, D. (2014). Routledge Companion to Sport and Exercise Psychology: Global perspectives and fundamental concepts. Routledge: Taylor &amp; Francis.</li> <li>• Tenenbaum, G., Eklund, R.C. (Eds.) (2007). Handbook of Sport Psychology (3rd Edition). New York: Wiley.</li> <li>• Roberts, G.C. &amp; Trerasuer, D.C. (2012). Advances in motivation in sport and exercise. Champaign, Ill: Human Kinetics.</li> <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). Social Psychology in Sport. Champaign, Ill: Human Kinetics.</li> </ul> <p><b>Relevant scientific journals:</b></p> <ul style="list-style-type: none"> <li>• Psychology of Sport &amp; Exercise</li> <li>• Journal of Sport and Exercise Psychology</li> <li>• Sport, Exercise and Performance Psychology</li> <li>• Journal of Applied Sport Psychology</li> <li>• The Sport Psychologist</li> <li>• International Journal of Sport and Exercise Psychology</li> <li>• International Review of Sport and Exercise Psychology</li> </ul>
--