

COURSE OUTLINE

GENERAL

SCHOOL	School of Physical Education, Sport Science & Dietetics	
DEPARTMENT	Department of Physical Education & Sport Science	
STUDY LEVEL	Postgraduate Master Program	
COURSE CODE	MA02	STUDY SEMESTER 1 st
COURSE TITLE	Psychological skills in physical activities and sports	
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS	COURSE CREDITS
	36	7
COURSE TYPE	General background	
PREREQUISITE MODULES	None	
TEACHING AND EXAM LANGUAGE	English	
COURSE IS AVAILABLE TO ERASMUS STUDENTS	Yes	
COURSE WEB PAGE (URL)	https://eclass.uth.gr/courses/PE_P_130/	

LEARNING OUTCOMES

Learning Outcomes
At the end of this module students will:
<ul style="list-style-type: none"> • Understand the theoretical background of cardinal psychological skills • Develop a solid basis for techniques that will be used in their practicum • Become acquainted with processes exploring/evaluating psychological needs, skills and techniques that help or hinder performance • Be able to connect theory and practice in order to use the acquired knowledge to maximize participation benefits for exercisers and athletes • Develop awareness of their own psychological skills and ways of thinking and acting • Become comfortable with their presence in small groups of people by leading discussions with students on cardinal psychological skills
General Competencies
<ul style="list-style-type: none"> • Autonomous work • Project planning and management • Ability to analyze and synthesize • Ability to apply knowledge in practice • Problem-solving • Decision making

COURSE CONTENT

<ul style="list-style-type: none"> • The role of psychological skills in sport and physical activity • Developing self-confidence/Evaluating psychological skills and needs • Theoretical background of goal setting: Why/how it works? • Theoretical background of self-talk: Why & how it works? • Theoretical background of imagery: Why & how it works? • Regulating attention and concentration • Group meeting (Discussion about Assignment #1) Applying psychological techniques in the real setting • Stress, arousal, and anxiety regulation in sports

- Pre-game & Pre-execution routines / Applying psychological techniques in the real setting
- Group meeting (Discussion about Assignment #2)
- Students presentations
- Students presentations
- Group meeting (Discussion about Assignment #3)

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	In person	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	E-class, Computer Center	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures	36
	Literature study and analysis	35
	Writing assignments	52
	Non-guided study	52
	Module Total	175
STUDENT ASSESSMENT	<p>Assignment 1: Group leading 10% - Applying 2 psychological techniques (e.g., self-talk, goal-setting, relaxation, imagery) of your choice in a group of undergraduate physical education students. 10%</p> <p>Assignment 2: Presentation (10-15 slides, 10-15min) of psychological skills'/techniques' in a club of a sport of your choice. Your goal is to present the psychological skills or techniques of your choice as a product to the manager and the coaches of the club and to persuade them to "buy" it. 30%</p> <p>Assignment 3: Essay of a 2000 words (without including the references) of a sport psychology scenario. The essay will include at the beginning a short description of the scenario/problem. Then include a short introduction of the theory that you will apply and a detailed description of the way that you will handle the problem. 60%</p>	

READING LIST

Recommended bibliography:

- Williams, J.M. (2009). *Applied sport psychology: Personal growth to peak performance* (6th ed.). London: McGraw-Hill Humanities.
- Schinke, R.J. & Hanrahan, S.J. (2009). *Cultural sport psychology*. Champaign, IL: Human Kinetics
- Tenenbaum, G., Eklund, R.C. (Eds.) (2007). *Handbook of Sport Psychology* (3rd ed.). London: Wiley.
- Weinberg, R.S., & Gould, D. (2007). *Foundations of sport and exercise psychology* (4th ed.). Champaign, IL: Human Kinetics.

- Berger, B.G., Pargman, D., & Weinberg, R.S. (2002). *Foundations of exercise psychology*. Morgantown, WV: Fitness Information Technology
- Horn, T (Ed.) (2008). *Advances in sport psychology* (3rd ed.). Champaign, IL: Human Kinetics
- Ostrow, A.C. (2002). *Directory of psychological tests in the sport and exercise sciences* (2nd ed.). Morgantown, WV: Fitness Information Technology.
- Murphy, S. (2012). *Oxford Handbook of Sport and Performance Psychology*. New York. Oxford University Press.
- Roberts, G., & D. Treasure (2012). *Advances in motivation in sport and exercise* (3rd Ed). Champaign, IL: Human Kinetics.
- Papaioannou, A., & Hackfort, D. (2014). *Routledge Companion to Sport and Exercise Psychology. Global Perspectives and Fundamental Concepts*. London. Taylor & Francis.

Relevant scientific journals:

- Psychology of Sport & Exercise
- Journal of Sport and Exercise Psychology
- Sport, Exercise and Performance Psychology
- Journal of Applied Sport Psychology
- The Sport Psychologist
- International Journal of Sport and Exercise Psychology
- International Review of Sport and Exercise Psychology