

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	M03	STUDY SEMESTER 1 st
COURSE TITLE	Psychology in Physical Education and Youth sport	
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS	COURSE CREDITS
	36	7
COURSE TYPE	General Knowledge	
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_131/	

LEARNING OUTCOMES

Learning Outcomes
<p>At the end of this module students should:</p> <ul style="list-style-type: none"> • Understand the determinants of children's and adolescents' sport and physical activity involvement, which provides a basis for originality in developing and applying ideas for the promotion of children's and adolescents' sport and exercise involvement; • Know what are the determinants of moral and socially responsible behavior in youth sport and physical education, which provides an opportunity for originality in developing and applying ideas for the promotion of social responsibility in youth sport and physical education contexts; • Be able to apply their knowledge and understanding to create a climate in physical education and youth sport that promotes positive expectations for all children and maintains equality; • Be able to apply their knowledge in order to assist children and adolescents understand how to develop and apply social-cognitive and emotional skills which are appropriate in physical activity and social contexts, and how to transfer these skills in other contexts such as school, peer and family; • Be able to communicate their conclusions about children's and adolescents' behaviour in sport and exercise contexts, and the knowledge and rationale underpinning these, to sport and exercise psychology specialists and non-specialist audiences clearly and unambiguously; • Have the learning skills to allow them to continue to study in the field of psychology in physical education and youth sport in a manner that may be largely self-directed and autonomous.
General Competencies
<p>At the end of this module students will develop competences involving:</p> <ul style="list-style-type: none"> • Working independently and searching for, analysis and synthesis of data and information, using the necessary technology • Working in an international environment • Respect for diversity, multiculturalism and sensitivity to gender issues

- Promotion of free, creative and inductive thought
- Adaptation to new situations
- Decision making, criticism and self-criticism
- Working in a team
- Production of new research ideas
- Project planning and management
- Working in an interdisciplinary environment

COURSE CONTENT

Course Content

- The aims of sport psychology in Physical Education (P.E.) and youth sport worldwide
- Assessment of motivational climate in P.E. and sport and planning to change achievement goal orientations and motivation in physical activity
- Increasing self-determination and intrinsic motivation in P.E. and youth sport
- Developmental differences in determinants of physical activity involvement
- Teaching styles promoting self-determination and task-involvement in P.E. and youth sport
- Self-regulation, metacognition and task-involvement in P.E. and youth sport
- Developing interdisciplinary and life skills
- Maintaining discipline and promoting responsibility in P.E. and youth sport
- Intercultural teaching in P.E. and youth sport
- The concept of excellence, Olympic values and morality in P.E. and youth sport
- Pro-seminar: Presentations of Master students' small-scale projects

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	In person	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	E-class & Turnitin	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures & workshops	36
	Study & Essays	100
	Small Project	50
	Module Total	186
STUDENT ASSESSMENT	<p>Students can choose the written assignments from the topics that were presented.</p> <p>Each student has to complete two essays and one applied small-scale project.</p> <p>Language of assignments can be either English or Greek.</p>	

READING LIST

Recommended bibliography:

- Papaioannou, A. & Hackfort, D. (2014). Routledge Companion to Sport and Exercise Psychology: Global perspectives and fundamental concepts. Routledge: Taylor & Francis.
- Tenenbaum, G., Eklund, R.C. (Eds.) (2020). Handbook of Sport Psychology (4th Edition). New York: Wiley.
- Roberts, G.C. & Treasure, D.C. (2012). Advances in motivation in sport and exercise. Champaign, Ill: Human Kinetics.

- Mosston M. & Ashworth S. (2007). Teaching physical education. Benjamin Cummings
- Hellison, D. (1995). Teaching responsibility through physical activity. Champaign,IL: Human Kinetics.
- National Association for Sport and Physical Education (2004). Moving into the Future: National Standards for Physical Education, 2nd Edition. Author.

Relevant scientific journals:

- Journal of Teaching in Physical Education
- International Journal of Sport and Exercise Psychology
- Psychology of Sport & Exercise
- Journal of Sport and Exercise Psychology
- Physical Education and Sport Pedagogy
- Journal of Applied Sport Psychology
- The Sport Psychologist
- International Review of Sport and Exercise Psychology