

COURSE OUTLINE

GENERAL

SCHOOL	School of Physical Education, Sport Science and Dietetics		
DEPARTMENT	Department of Physical Education & Sport Science		
STUDY LEVEL	Postgraduate Master Program		
COURSE CODE	IC2	STUDY SEMESTER	3 rd
COURSE TITLE	Special Issues in Sport and Exercise Psychology		
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS		COURSE CREDITS
Intensive 7-Exday Course	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_138/		

LEARNING OUTCOMES

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

COURSE CONTENT

Course Content
<ul style="list-style-type: none"> • This course will be offered occasionally upon feasibility and appropriate circumstances, such as an international congress/conference or workshops. • Invited Lectures from Europe are invited to teach on topics of their expertise. Classes may include lectures, seminars, workshops, and congress/conference attendance.

TEACHING AND LEARNING METHODS - EVALUATION

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

READING LIST

<p>Recommended bibliography:</p> <ul style="list-style-type: none"> • Raab, M., Wylleman, P., Seiler, R., Elbe, A.-M., & Hatzigeorgiadis, A. (2016). Sport and Exercise Psychology Research: From Theory to Practice. New York: Elsevier. • 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 (3rd 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. & Lavalley, D. (2007). Social Psychology in Sport. Champaign, Ill: Human Kinetics. <p>Relevant scientific journals:</p> <ul style="list-style-type: none"> • 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
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