

UNIVERSITY OF THESSALY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE
MSc “PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORT”

INFORMATION ABOUT THE MODULE

1. **TITLE OF MODULE:** Psychological foundations of sport and physical activity
2. **CODE OF MODULE:** MA02
3. **MAIN LECTURER:** Hatzigeorgiadis Antonis e-mail: ahatzi@pe.uth.gr
4. **OTHER LECTURERS:**
5. **MODE OF TEACHING/CONDUCT:** Twelve 3-hour meetings
6. **IDENTIFICATION OF MODULE:** Module of the 1st semester

Key-words:

Sport psychology, Exercise Psychology

7. AIM OF THE MODULE

This module aims to provide students with a good understanding of basic theories, research and applications from psychology and social psychology in relation to exercise participation and sport performance.

8. LEARNING OUTCOMES

At the end of this module students should:

- Have a broad understanding of a variety of theoretical perspectives pertinent to sport and exercise psychology
- Acquire knowledge on the research literature that allows for a critical view in contemporary sport and exercise psychology issues
- Obtain an understanding on how psychological principles are applied within the exercise and sport contexts
- Develop their abilities in reviewing and reporting the research literature and advancing oral presentation skills

9. TEACHING METHODS

Lectures, Seminars, Workshops

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10. TIMETABLE & PLANNING

A/A	Lecturer	Topic
1	Hatzigeorgiadis Antonis	Goal orientations
2	Hatzigeorgiadis Antonis	Self-Efficacy
3	Vlachopoulos Simos	Self Determination
4	Hatzigeorgiadis Antonis	Physical self perceptions
5	Hatzigeorgiadis Antonis	Workshop: Research processes
6	Hatzigeorgiadis Antonis	Seminar 1 – Students’ presentations: Issues in exercise psychology
7	Hatzigeorgiadis Antonis	Anxiety and performance
8	Hatzigeorgiadis Antonis	Team functioning & Team cohesion
9	Hatzigeorgiadis Antonis	Leadership
10	Hatzigeorgiadis Antonis	Relationships & Communication
11	Invited lecture (last year) Sanchez Xavier	- Career Transition
12	Hatzigeorgiadis Antonis	Seminar 2 – Students’ presentations: Issues in sport psychology

11. EVALUATION:

- 70% Literature review essay (45%) and presentation (25%)
- 20% Research abstract
- 10% Key article presentation

11. SUGGESTED HANDBOOKS

- Tenenbaum, G., Eklund, R.C. (Eds.) (2007). Handbook of Sport Psychology (3rd Edition). New York: Wiley.
- Singer, R.N., Hausenblas, H.A., & Jenelle, C.M. (2001). Handbook of Sport Psychology (2nd Edition). New York: Wiley.
- Carron, A., Hausenblas, H.A., & Eys, M.A. (2005). Group Dynamics in Sport. Morgantoon, WV: Fitness Information Technology.
- Jowett, S. & Lavallee, D. (2007). Social Psychology in Sport. Champaign, Ill: Human Kinetics.

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OUTLINE

Lecture 1

Title	Content	Key-words
Introduction to Sport & Exercise Psychology	The lecture overviews the field of sport and exercise psychology. The domains of sport and exercise psychology will be presented, the objectives and the key research issues will be discussed.	Sport psychology; Exercise psychology; Aims and objectives; Research questions
Readings	<ul style="list-style-type: none"> Horn, T. (2002). <i>Advances in Sport Psychology</i>. Champaign, Ill: Human Kinetics. Weinberg, R.S., & Gould, D. (2007). <i>Foundations of sport and exercise psychology</i>. New York: Human Kinetics. 	

Lecture 2

Title	Content	Key-words
Social Cognitive Theories – Self-Efficacy	The lecture outlines the social-cognitive framework to exercise and physical activity; The self-efficacy theory will be more explicitly presented and discussed.	Social cognitive theory; Self-efficacy; Motivation; Exercise
Readings	<ul style="list-style-type: none"> Bandura, A. (1997). <i>Self-efficacy: The exercise of control</i>. New York: W. H. Freeman. McAuley, E., Pena, M. M., Jerome, G. J. (2001). Self-efficacy as a determinant and an outcome of exercise. In G. C. Roberts, (Ed), <i>Advances in motivation in sport and exercise</i>. Champaign, IL: Human Kinetics. Feltz, D. L. & Lirgg, C. D. (2001). Self-efficacy beliefs of athletes,, teams and coaches. In R.N. Singer, H.A. Hausenblas, & C.M. Janelle (Eds), <i>Handbook of Sport Psychology</i> (2nd edition), pp. 340-361. 	

Lecture 3

Title	Content	Key-words
Intrinsic and Extrinsic motivation: The Self Determination approach	The lecture focuses on self-determination theory and its applications in sport and exercise.	Behavioural regulation; Intrinsic motivation; Self-determination;
Readings	<ul style="list-style-type: none"> Hagger, M. & Chatzisarantis, N. (2007). <i>Intrinsic Motivation and Self-Determination in Exercise and Sport</i>. Champaign, Ill: Human Kinetics. Deci, E. L., & Ryan, R. M. (2004). Overview of self-determination theory: An organismic dialectical perspective. In E. L. Deci, & R. M. Ryan (Eds.), <i>Handbook of self-determination research</i> (pp. 3-33). Rochester, NY: The University of Rochester Press. Frederick-Recascino, C. M. (2004). Self-determination theory and participation motivation research in the sport and exercise domain. In E. L. Deci, & R. M. Ryan (Eds.), <i>Handbook of self-determination research</i> (pp. 277-294). Rochester, NY: The University of Rochester Press. 	

Lecture 4

Title	Content	Key-words
Physical Activity & the Physical Self	The lecture focuses on the role of self-perceptions in motivation and physical activity behaviour. The self-esteem approach and relevant models will be particularly discussed.	Self-concept; Self-perceptions; Self-esteem; Motivation
Readings	<ul style="list-style-type: none"> Fox, K.R. (1997). <i>The physical self: from motivation to well-being</i>. Champaign, Ill., Human Kinetics. Fox, K.R. (2002). Self-perceptions and sport behavior. In T.S. Horn, (ed.), <i>Advances in sport psychology</i> (2nd ed). Champaign, Ill., Human Kinetics. 	

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Lecture 5

Title	Content	Key-words
Workshop: Research processes	The aim of the workshop is to practice skills for designing and applying research relevant to the field of sport and exercise psychology.	Data collection Data analysis Writing abstracts
Readings	<ul style="list-style-type: none"> Thomas, J.R., Nelson, J.K., & Silverman, S.J. (2007). Research methods in physical activity (5th edition). Windsor: HumanKinetics. 	

Lecture 6

Title	Content	Key-words
Seminar 1 – Students’ presentations: Issues in exercise psychology.	Presentation of assignments.	Literature Review; Presentations skills; Presentation principles;
Readings	<ul style="list-style-type: none"> Thody, A. (2006). Writing and Presenting Research. London: Sage. Thomas, J.R., Nelson, J.K., & Silverman, S.J. (2007). Research methods in physical activity (5th edition). Windsor: HumanKinetics. 	

Lecture 7

Title	Content	Key-words
Anxiety and performance	The lecture focuses on the evolution of the anxiety – performance literature; presentation of theories and models developed to describe the anxiety – performance relationship and the mechanisms underlying the relationship will be discussed.	Multi-dimensional anxiety theory; Direction of anxiety; Catastrophe models; Control process theory
Readings	<ul style="list-style-type: none"> Woodman, T., & Hardy, L. (2001). Stress and Anxiety. In R.N. Singer, H.A. Hausenblas, & C.M. Janelle (Eds), Handbook of Sport Psychology (2nd edition), pp. 290-318. 	

Lecture 8

Title	Content	Key-words
Team functioning & Team cohesion	The lecture focuses on issues relevant to the formation and the development of groups; factors that affect the functioning of the group; and outcomes related to group dynamics will be discussed.	Team processes; Team cohesion; Social loafing; Competition and co-operation
Readings	<ul style="list-style-type: none"> Carron, A., Hausenblas, H.A., & Eys, M.A. (2005). Group Dynamics in Sport. Morgantown, WV: Fitness Information Technology. Paskevich, D.M., Estabrooks, P.A., Brawley, L.R., & Carron, A.V. (2001). Group cohesion in sport and exercise. In R.N. Singer, H.A. Hausenblas, & C.M. Janelle (Eds), Handbook of Sport Psychology (2nd edition), pp. 472-494. New York: Wiley. Horn, T. (2002). Advances in Sport Psychology. Champaign, Ill: Human Kinetics. 	

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Lecture 9

Title	Content	Key-words
Leadership	The lecture focuses on issues relevant to the role of leaders in sport, presents principles, antecedents and consequences of leadership, and discusses components of effective leadership.	Leadership style; Leader's qualities; Multidimensional model of leadership
Readings	<ul style="list-style-type: none"> • Chelladurai, P. (2007). Leadership in sport. In G. Tenenbaum, & R.C. Eklund (eds), Handbook of Sport Psychology (3rd edition), pp. 113-135. • Carron, A., Hausenblas, H.A., & Eys, M.A. (2005). Group Dynamics in Sport. Morgantoon, WV: Fitness Information Technology. • Horn, T. (2002). Advances in Sport Psychology. Champaign, Ill: Human Kinetics. 	

Lecture 10

Title	Content	Key-words
Relationships & Communication	The lecture focuses on coach-athlete relationship in sport. Communication processes in groups, communication-related problems and strategies aiming at optimizing communication in groups will be discussed.	Coach-athlete relationship; Group communication; Communication skills; Communication strategies
Readings	<ul style="list-style-type: none"> • Jowett S. & Lavallee, D. (2007). <i>Social psychology in sport</i>. Champaign, IL: Human Kinetics. • Weinberg, R.S., & Gould, D. (2007). Foundations of sport and exercise psychology. New York: Human Kinetics. • Carron, A., Hausenblas, H.A., & Eys, M.A. (2005). Group Dynamics in Sport. Morgantoon, WV: Fitness Information Technology. 	

Lecture 11

Title	Content	Key-words
Career Transition	The lecture focuses on the causes and consequences of career transition and career termination in athletes. The role of the social environment and intervention strategies will be discussed.	Career development; Career stage; Career termination; Coping
Readings	<ul style="list-style-type: none"> • Alfermann, D. & Stambulova, N. (2007). Career transitions and career termination. In G. Tenenbaum, & R.C. Eklund (eds), Handbook of Sport Psychology (3rd edition), pp. 712-736. New York: Wiley. • Taylor, J. & Ogilvie, B.C. (2001). Career termination among athletes. In R.N. Singer, H.A. Hausenblas, & C.M. Janelle (Eds), Handbook of Sport Psychology (2nd edition), pp. 672-691. New York:Wiley. 	

Lecture 12

Title	Content	Key-words
Seminar 2 – Students' presentations: Issues in sport psychology.	Presentation of assignments.	Literature Review; Presentations skills; Presentation principles;
Readings	<ul style="list-style-type: none"> • Thody, A. (2006). Writing and Presenting Research. London: Sage. • Thomas, J.R., Nelson, J.K., & Silverman, S.J. (2007). Research methods in physical activity (5th edition). Windsor: HumanKinetics. 	