

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	M09	STUDY SEMESTER	3 rd
COURSE TITLE	Counseling Skills		
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS		COURSE CREDITS
	36		7
COURSE TYPE	Skills development in counseling		
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_178/		

LEARNING OUTCOMES

Learning Outcomes
<p>At the end of this module students should:</p> <ul style="list-style-type: none"> • Have the knowledge on special issues and situations that arise in the real sport setting and physical activity that may need or require their services • Understand the theoretical background of the counseling skills • Use the ethical protocols and provide a safe environment for the athletes -clients • Apply in small groups techniques often involved in exercise and sport psychology • Be able to provide a solid consulting basis in order to work effectively with clients in sport settings • Choose the best techniques and methods in order to help his/her clients to solve their problems • Communicate with his/her clients with dignity and authenticity • Be able to give feedback about the current and future situation of his/her clients • Support emotionally and cognitive his/her clients using lectical and non lectical ways of communication
General Competencies
<p>At the end of this module students will be able for:</p> <ul style="list-style-type: none"> • Adaptation to new situations • Decision making, • Working Independently, • Working in a team, • Working in an international environment, • Respect for diversity and multiculturalism • Showing social, professional and ethical responsibility and sensitivity to gender issues • Criticism and self-criticism • Promotion of free, creative and inductive thought

COURSE CONTENT

Course Content

- Intro to class
- The Setting
- Coach athlete dyad. The honeymoon is over: taking the next steps
- Crisis management and crisis intervention How do I react in crisis situations?
- Communication skills (verbal)
- Communication skills (non-verbal)
- Approaching counseling: The psychodynamic model
- Approaching counseling: The behavioral model
- Approaching counseling: The cognitive model
- Approaching counseling: The humanistic model
- Applying psychodynamic and humanistic counseling techniques in sport settings
- Applying behavioral and social-cognitive counseling techniques in sport settings
- Students' presentations

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	In person, face-to face	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	Using ZOOM, eclass, and google meet	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures	36
	work	150
	Workshop in class	12
	Essay writing	8
	Presentation of a case study	4
	Module Total	210
STUDENT ASSESSMENT	<p>English is the language of the Evaluation. Oral examination (Presentations of a case study) Written assignment Written exams (short answer questions)</p> <p>Evaluation criteria for oral examination and written assignment:</p> <ul style="list-style-type: none"> • The coursework will be evaluated based on student's ability to accurately reflect on the presentations of the module, and to apply those concepts to their specific needs and resources. Points are awarded based on students ability to: • Respond with insight, clarity and precision (cite specific text/video passages) • Respond in relevant illustrative detail (include specific, observable examples) • Write competently at the graduate level (word-processed, proofread document) <p>Evaluation criteria for written exams:</p>	

	<p>The final letter grade corresponds with the following percentages of total points earned:</p> <ul style="list-style-type: none"> • A= 100 - 90 • B = 89 - 80 • C = 79 - 70 • D = 69 - 60 • E = 59 and lower
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READING LIST

Recommended bibliography:

- Cox, R.H. (2007). *Sport Psychology: Concepts and applications* -- Int'l Edition (6th ed.). London: McGraw Hill.
- Hill, K. L. (2000). *Frameworks for Sport Psychologists*. Champaign, IL: Human Kinetics.
- Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.
- Tenenbaum, G., Eklund, R.C. (Eds.) (2007). *Handbook of Sport Psychology* (3rd ed.). London: Wiley.
- Williams, J.M. (Ed.) (2006). *Applied sport psychology: Personal growth to peak performance* (5th ed.). London: McGraw Hill.
- Brown, S.D., Lent, W.R. (1992). *Handbook of Counseling Psychology* (2nd ed.). NY: John Willey & Sons Inc.
- Mottram D.R. (1996). *Drugs in Sport* (2nd ed.). London: Chapman & Hall.
- Παπαδάτου, Δ., & Μπελλάλη, Θ. (2008). *Βασικές Γνώσεις Ψυχολογίας για Επαγγελματίες Υγείας*. Αθήνα: Εκδόσεις Κριτική.
- Rogers, C. (1986). *Client-centered therapy*. London: Constable.
- Ajzen, I. (2005). *Attitudes, personality and behavior* (2nd ed.). Milton Keynes Open University Press, UK.