

## COURSE OUTLINE

### GENERAL

<b>SCHOOL</b>	School of Physical Education, Sport Science & Dietetics		
<b>DEPARTMENT</b>	Department of Physical Education & Sport Science		
<b>STUDY LEVEL</b>	Postgraduate Master Program		
<b>COURSE CODE</b>	M01	<b>STUDY SEMESTER</b>	1 <sup>st</sup>
<b>COURSE TITLE</b>	Psychological Foundations of Sport and Physical Activity		
<b>SELF CONTAINED TEACHING ACTIVITIES</b>	<b>TOTAL TEACHING HOURS</b>		<b>COURSE CREDITS</b>
	36		7
<b>COURSE TYPE</b>	General background		
<b>PREREQUISITE MODULES</b>	None		
<b>TEACHING AND EXAM LANGUAGE</b>	English		
<b>COURSE IS AVAILABLE TO ERASMUS STUDENTS</b>	Yes		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://eclass.uth.gr/courses/PE_P_129/">https://eclass.uth.gr/courses/PE_P_129/</a>		

### LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><b>At the end of this module students should:</b></p> <ul style="list-style-type: none"> <li>• Have a broad understanding of a variety of theoretical perspectives pertinent to sport and exercise psychology</li> <li>• Acquire knowledge on the research literature that allows for a critical view in contemporary sport and exercise psychology issues</li> <li>• Obtain an understanding on how psychological principles are applied within the exercise and sport contexts</li> <li>• Develop their abilities in reviewing and reporting the research literature and advancing oral presentation skills</li> <li>• Develop applied sport psychology skills</li> <li>• Develop presentation skills</li> </ul>
<b>General Competencies</b>
<p><b>At the end of this module students will develop competences involving:</b></p> <ul style="list-style-type: none"> <li>• Search for, analysis and synthesis of data and information, using the necessary technology</li> <li>• Adaptation to new situations</li> <li>• Decision making</li> <li>• Working Independently</li> <li>• Working in a team</li> <li>• Working in an international environment</li> <li>• Production of new research ideas</li> <li>• Project Planning and Management</li> <li>• Respect for diversity and multiculturalism</li> <li>• Criticism and self-criticism</li> <li>• Promotion of free, creative and inductive thought</li> </ul>

### COURSE CONTENT

<b>Course Content</b>
<ul style="list-style-type: none"> <li>• Introduction to Sport and Exercise Psychology</li> </ul>

- Sport Psychology Mapping
- Self-Efficacy
- Physical self-perceptions
- Anxiety and performance
- Team dynamics
- Leadership

### TEACHING AND LEARNING METHODS - EVALUATION

<b>TEACHING METHOD</b>	In person	
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	E-class	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures	36
	Study	100
	Presentations	34
	Applied Exercises	40
	Module Total	<b>210</b>
<b>STUDENT ASSESSMENT</b>	Presentation of research Article (20%) Applied Exercises (40%) Presentation of Literature Review (40%)	

### READING LIST

#### Recommended bibliography:

- 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. & Lavallee, D. (2007). Social Psychology in Sport. Champaign, Ill: Human Kinetics.

#### Relevant scientific journals:

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