# DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

### UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:				
Psychology				
COURSE CODE:	E.C.T.S. CREDITS			
N125	4			
RESPONSIBLE FOR THE COURSE:				
NAME	Vagelis Bebetsos			
POSITION	Assistant Professor			
SECTOR	Sport Management, School Physical Education &			
	Recreation			
OFFICE	B1 - 11			
TEL. / E-MAIL	25310 - 39712 <u>empempet@phyed.duth.gr</u>			
CO-INSTRUCTORS				
SEMESTER:	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$			
COURSE TYPE:	Obligatory [X] Direction [ ] Specialization [ ] Prerequisite for specialization [ ] Elective (open) [ ]			
HOURS (per week):	2.			
<b>DIRECTION</b> (only for 3 <sup>rd</sup> & 4 <sup>th</sup> year courses):				
<b>SPECIALIZATION</b> (only for 3 <sup>rd</sup> & 4 <sup>th</sup> year courses):				
LANGUAGE OF TEACH	HING: GREEK [X] ENGLISH []			
ADVOCATION COMPARE ( )				
AIM OF THE COURSE (content and acquired skills):				
Upon the completion of the course students will be able to understand the sport				
psychological factors that affect human behavior.				

## **COURSE CONTENTS** (outline – titles of lectures):

- 1) Introduction to sport psychology.
- 2) Reinforcement, punishment, intrinsic motivation.
- 3) Achievement motivation.
- 4) Team dynamics.
- 5) Leadership.
- 6) Communication.
- 7) Violence and aggression.
- 8) Moral development.
- 9) Psychology and sport injuries.
- 10) Weight control and eating disorders in competitive sports.
- 11) Overtraining and burn out.
- 12) Smoking, exercise and health.
- 13) Intercultularism and sport psychology.

#### **TEACHING METHOD** (*lectures – labs – practice etc.*):

Lectures.

### **ASSESSMENT METHOD(S):**

- 1) Written exams.
- 2) Bonus 1 credit point for a sport slogan album

### **LEARNING OUTCOMES:**

Upon the completion of this course the students will be able to: a) understand the content of sport psychology, b) become familiar with the use of different sport psychological techniques in sport settings and c) identify the needs of a sport psychology program.

#### **LEARNING OUTCOMES – CONTINUED:**

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
Understanding the content of sport psychology.	Lectures, computer presentations, home study.	Cognitive assessments.	40
Familiarization with sport psychology techniques.	Lectures, computer presentations, home study.	Cognitive assessments.	60
Identification of the needs of a sport psychology program.	Lectures, use of psychological instrumentation(s).	Final exam.	20
		TOTAL	120

#### **OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

- 1. Theodorakis, G., Goudas, M. & Papaioannou A. (2001). Psychology of excellence in sports. Thessaloniki: Christodoulidis.
- 2. Doganis, G. (2009). Sport psychology. Thessaloniki: Christodoulidis.