

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Applied sport psychology for maximizing performance

COURSE CODE:

051

E.C.T.S. CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Vaggelis Bebetos		
POSITION	Assistant Professor		
SECTOR	Sport Management, School Physical Education & Recreation		
OFFICE	B1 - 11		
TEL. / E-MAIL	25310 - 39712		
CO-INSTRUCTORS			

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input type="checkbox"/>
5 th	<input checked="" type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input checked="" type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input checked="" type="checkbox"/>

HOURS (*per week*):

2

DIRECTION (*only for 3rd & 4th year courses*):

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SPECIALIZATION (*only for 3rd & 4th year courses*):

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LANGUAGE OF TEACHING:

Greek

English

AIM OF THE COURSE (*content and acquired skills*):

After the end of the course students will be able to understand the sport psychological factors that affect human behavior on different sport settings.

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

1. Goal setting.
2. Self-talk.
3. Self-confidence.
4. Stress, pressure, excitement.
5. Mental imagery.
6. Relaxation techniques.
7. Attention, concentration.
8. Cognitive - affective stress management training.
9. Psychological skills training.
10. Psychology of physically disabled athletes.
11. Eating habits, exercise and psychology.
12. Attitudes, self-efficacy and physical activity.
13. Smoking and psychological techniques.

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

Lectures.

ASSESSMENT METHOD(S):

Written final exam.

LEARNING OUTCOMES:

Upon the completion of this course the students will be able to understand and use sport psychological endorsement techniques.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Knowledge of sport psychological contents.	Lectures, computer presentations, home study.	Cognitive assessments.	20
Familiarization with sport psychological techniques.	Lectures, computer presentations, home study.	Cognitive assessments.	30
Ability to identify needs of a psychological program on sport settings.	Lectures, usage of psychological instrumentation(s).	Final exam.	10
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Theodorakis, I. & Goudas, M. (2002). Psychology in sport activity areas. Thessaloniki: Christodoulidis.
2. Theodorakis, I., Goudas, M., Chroni, A. & Perkos, St. (2003). Psychological support on individual and team sports. Thessaloniki: Christodoulidis.