

COURSE OUTLINE APPLIED PSYCHOLOGY IN PERFORMANCE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C075	SEMESTER	7 th & 8 th
COURSE TITLE	APPLIED PSYCHOLOGY IN PERFORMANCE		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background, General Knowledge		
PREREQUISITES:	None		
TEACHING & EXAMINATION LANGUAGE:	Greek English for Erasmus students		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/KOM02145/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>		
At the end of the course students will: <ul style="list-style-type: none"><i>understand and know all the psychological techniques, which are used to improve performance and quality of life in sport and exercise settings.</i>		
General Skills <i>Name the desirable general skills upon successful completion of the module</i> <table><tr><td><i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i></td><td><i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i></td></tr></table>	<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>
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<ul style="list-style-type: none"><i>Search, analysis and synthesis of data and information, using the necessary technologies</i><i>Exercise criticism and self-criticism</i><i>Promoting free, creative, and inductive thinking</i>		

3. COURSE CONTENT

1. Goal setting

2. Self-talk
3. Self-confidence
4. Anxiety, arousal, and stress
5. Mental imagery
6. Relaxation techniques
7. Attention and concentration
8. Coping with stress
9. Development and measurement of psychological skills
10. Psychology of handicapped athletes
11. Motivation
12. Sport injuries
13. Parents' involvement in youth athletics

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching, in Communication with students	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	26
	Bibliographic research & analysis	22
	Interactive Learning	25
	Final Examination	2
	Course Total	75
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Written Final Examination	

5. SUGGESTED BIBLIOGRAPHY

1. THEODORAKIS, G. (2017). EXERCISE, MENTAL HEALTH & QUALITY OF LIFE. THESSALONIKI: KIRIAKIDIS PUB.
2. WEINBERG, R., & GOULD, D. (2018). PSYCHOLOGY OF SPORTS AND EXERCISE-FUNDAMENTAL PRINCIPLES. BROKEN HILL PUBLISHERS LTD.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	EVANGELOS BEBETSOS
Contact details:	empempet@phyed.duth.gr
Supervisors:	No
Evaluation methods:	Online written examination
Implementation Instructions:	<p>The course examination will take place on the day of the examination, according to the examination program starting at 9.00 in the morning. The examination will be carried out through E-CLASS. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance education.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer 20 questions. Each of the questions is scored with 1.</p>