

COURSE OUTLINE PSYCHOLOGY

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	C161	SEMESTER	6th
COURSE TITLE	PSYCHOLOGY		
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
		3	6
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>	BACKGROOUND		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH FOR ERASMUS STUDENTS		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/KOM02162/		

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>
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> understand the psychological factors that influence human behavior in settings of sports and physical activity.
General Skills <i>Name the desirable general skills upon successful completion of the module</i>
<div style="display: flex; justify-content: space-between;"> <div> <i>Search, analysis and synthesis of data and information, ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i> </div> <div> <i>Project design and management</i> <i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i> </div> </div>
<ul style="list-style-type: none"> <i>Search, analysis and synthesis of data and information, ICT Use</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>

3. COURSE CONTENT

1. Introduction to Sport Psychology

2. Reinforcement, Punishment, and Intrinsic Motivation
3. Motivation and Achievement
4. The Individual and the Team
5. Leadership in Sport
6. Principles of Communication
7. Violence and Aggression in Sport
8. Moral Development in Sport
9. The Psychology of Injuries
10. Weight Control and Eating Disorders in Competitive Sports
11. Overtraining Syndrome, Fatigue, and Burnout
12. Parental Involvement in Youth Sports
13. Sport Psychology and Society

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 and 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	39
	Literature study and analysis	60
	Thematic discussions	49
	Exams	2
	Total	150
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>	Final Written Exam 100%	

5. SUGGESTED BIBLIOGRAPHY

1. Theodorakis G., Goudas M., Papaioannou A. (2016). Psychological Excellence in Sport. Afoi Kyriakidi Editions S.A., (in Greek).
2. Doganis G. (2016). Sport Psychology. Afoi Kyriakidi Editions S.A., (in Greek).

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Evangelos Bebetos
Contact details:	empempet@phyed.duth.gr
Supervisors:	NO
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	<p>The course examination will take place on the scheduled exam date according to the official examination timetable, starting at 9:00 a.m.</p> <p>The exam will be conducted via E-CLASS. The access link will be sent to students through E-CLASS exclusively to the institutional email accounts of those who have registered for the course and have acknowledged the terms of distance learning.</p> <p>Students must join the examination room using their institutional account; otherwise, they will not be allowed to participate. Before the start of the exam, students must show their ID to the camera for identification purposes.</p> <p>Each student must answer 20 questions. Each question is worth 1 point.</p>