

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) Interculturalism 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:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
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.