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| 1. Course title: Sport psychology | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: 30 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Róbert Járai (Faculty of Science, Institute of Sport Sciences and Physical Education, Department of Sport Theory and Sport Management) | | | | | |
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| 11. Teacher(s) and percentage: | |  | |  | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The aim of this course is introducing the field of sport psychology. Explaining the different theories about mental processes which influence sport performance. Including affective and cognitive systems. Beside the theories of sport psychology, the course will include some practical introduction to the methods widely used by sport psychologists.  Learning outcomes: The students completing the course will have *knowledge* on basic terms and systems of sport psychology. | | | | | |
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| 14. Course outline   1. History and development of sport psychology 2. Aims, objectives and practical importance of sport psychology 3. Task and mission of the sport psychologist. Methods. 4. Motivational theories. Self-determination theory. 5. Motivational theories. Achievement Goal theory. 6. Cognitive sport psychology (learning processes, memory) 7. Caution and concentration. 8. Affective factors in sport. Stress. 9. Affective factors in sport. Anxiety. 10. Psychosocial effects in sport. 11. Group dynamics in sport. 12. Sport Psychology of the coach. 13. Management theories and conflicts in sport. | | | | | |
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| 15. Mid-semester works   1. Written test 2. Written test 2, Submitting the psychosocial measurement record. 3. Opportunity to substitute the previous tests. | | | | | |
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| 16. Course requirements and grading  Written test 1. 25%, and written test 2. II. 25% together gives 50 % of the final grade.  Psychosocial measurement record or sociometrical measure 25%  Article review: 25%  Grade evaluation:  51–64% satisfactory  65–74% average  75–84% good  85–100% excellent | | | | | |
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| 17. List of readings   1. Kauss DR: Mastering your inner game (2000) 2. Orlick T: Embracing your potential (1998) 3. Jackson S: Flow in sports (1999) | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | May, 2017 | **Prepared by** | Dr. Róbert Járai | | |
| responsible teacher | | |
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| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |