

Subject: PSYCHOLOGY OF PHYSICAL ACTIVITY

GENERAL INFORMATION

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| Organization unit | Faculty of: Faculty of Physical Education Chair of: Departament of pedagogy and psychology of physical culture Chairman: |
| Course name | PSYCHOLOGY OF PHYSICAL ACTIVITY |
| Subject code | 5/1/II/PE5/1/II/PE |
| Teaching language | English |
| Type of subject (obligatory/ facultative) | Obligatory |
| Level of studies (eg. bachelor, master) | Master |
| Study year | I |
| Semester | II |
| ECTS points | 4 |
| Professor | Marta de Białynia Woycikiewicz marta.woycikiewicz@awf.edu.pl |
| Studies program in which the subject is realized | Physical education |
| Method of realization (stationary/ distance learning) | Stationary |
| Prerequisites | Psychology |

DETAILED INFORMATION

Course aims and objectives

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| A1 | To acquaint students with physical education with modern knowledge in the field of psychology of physical activity and sport as a one kind of applied psychology |
| A2 | Mastering the specific scope of psychological knowledge by the students. |
| A3 | Developing the professional skills and competences of a physical education teacher and trainer. |
| A4 | The student can apply the knowledge learned in the professional work of a physical education teacher and trainer and in health promotion |

Main topics

| No | Topic |
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| | Lectures/classes |



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| 1. | Team building |
| 2. | Introduction to sport psychology |
| 3. | Imaginary training |
| 4. | Shaping the player's cognitive skills: exercises that develop the ability to focus attention |
| 5. | Regulation of emotional states of an athlete - managing the level of arousal. Basic techniques of coping with stress, including relaxation |
| 6. | Mindfulness |
| 7. | Motivation in sport. Motivation of achievements and its relationship with sporting activity |
| 8. | Internal speech in sport |
| 9. | Forming self-confidence in sport |
| 10. | Shaping the psychological skills of the players and the trainer. Training of interpersonal communication. Verbal and non-verbal communication between the trainer and the player. |
| 11. | Mental disorders in sport |
| 12. | Ethics of sport psychologist |
| 13. | Methods of psychological diagnosis in sport. |
| 14. | Case studies part 1 |
| 15. | Case studies part 2 |

CONDITIONS FOR PASSING CLASSES:

Case studies



1 ECTS point = 25 hours students work (contact + self study)

| TYPES OF CLASSES | HOURS |
|---|--------------|
| 1. Contact classes | 30 |
| 2. Students' preparations of the presentations | 70 |
| 3. Self study as preparation to the written exam | |
| 4. Self study as reading text prepared by the teacher | |
| Total = 100 hours- ECTS points 4 | |

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| Author of the class card: | Name, surname and email |
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