

CLASS CARD**PSYCHOLOGY OF PHYSICAL ACTIVITY**

Basic classes	Code in the study plan	ECTS
Psychology of physical activity	WFII_16	4

Education profile	
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Marta de Białynia Woycikiewicz marta.woycikiewicz@awf.edu.pl
Level of studies (eg. bachelor, master)	Master
Study year and semester	I/II
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	30
Form of passing classes	Presentation, Frequency, Test
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	Psychology

DETAILED INFORMATION**Course aims and objectives.**

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

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS, AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W05	P_W01 Understands the importance of motivation and aspiration in taking up a physical activity. Knows psychological mechanisms of

	success in physical activity. Student has knowledge of the processes taking place in the human body, especially under the influence of the adopted lifestyle. Student knows the subject, tasks, methods, diagram of the research procedure of psychology of physical activity. Student has knowledge of the motivation of human achievements and emotional processes. Student knows the specifics of mental training.
SKILLS	
K_U05	P_U01 Ability to use basic motivation techniques in promoting a healthy lifestyle. Student uses basic motivational techniques.
K_U06	P_U02 Ability to make use of educational aspects of health promotion and physical activity in preventing negative social behaviours. Student can pose research problems in the psychology of physical activity. He can use the available research tools and interpret the obtained results.
SOCIAL COMPETENCES	
K_K02	P_K01 Involvement in creative problem solving, planning and execution of educational activities in different social environments independently and in a team. Student is characterized by critical thinking.
K_K04	P_K02 Ability to express his opinions in a persuasive way, can negotiate effectively and use basic communication techniques Ability to express his opinions in a persuasive way, can negotiate effectively and use basic communication techniques. Student is effective in communicating
K_K06	P_K03 Ability to establish social relations in the desired manner making effective use of available communication channels with individuals and social groups. Student is open to building social relations.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
Class I	Team building	P_U01, P_U02, P_K02
Class II	Introduction to sport psychology	P_U01, P_U02
Class III	Imaginary training	P_W01
Class IV	Shaping the player's cognitive skills: exercises that develop the ability to focus attention	P_W01

Class V	Regulation of emotional states of an athlete - managing the level of arousal. Basic techniques of coping with stress, including relaxation	P_U02
Class VI	Mindfulness	P_U02
Class VII	Motivation in sport. Motivation of achievements and its relationship with sporting activity	P_U01, P_U02
Class VIII	Internal speech in sport	P_U01
Class IX	Forming self-confidence in sport	P_K03
Class X	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.	P_W01, P_U02
Class XI	Mental disorders in sport	P_U02
Class XII	Ethics of sport psychologist	P_U01
Class XIII	Methods of psychological diagnosis in sport.	P_U02
Class XIV	Case studies part 1	P_W01, P_K01
Class XV	Case studies part 2	P_W01, P_K01

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lectures	Lecture with multimedia presentation, studying materials
Teaching resources: computer, multimedia projector, thematic presentations, psychological tests, educational films	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
	Case studies

CONDITIONS FOR PASSING CLASSES:

Attendance at lectures and exercises. Case studies.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Forming self-confidence in sport.
2. Methods of psychological diagnosis in sport.
3. Basic techniques of coping with stress
4. Exercises that develop the ability to focus attention

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none"> 1. The Inner Game of Tennis by W. Timothy Gallwey 2. Sports Psychology For Dummies Leif H. Smith, Todd M. Kays 3. Biofeedback & Neurofeedback Applications in Sport Psychology Benjamin W. Strack, PhD, BCB, Michael K. Linden 4. Inside Sport Psychology Costas I. Karageorghis, Peter Terry
Additional	none

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	4	Activities requiring direct participation of academic teachers
70		Other forms of classes/education to achieve the intended learning outcomes: Familiarization with the indicated literature, Preparation for a test/exam

Number of ECTS points that a student obtains in classes developing practical skills:

Author of the class card: Marta de Białynia Woycikiewicz Grzegorz Lisek	Name, surname and email marta.woycikiewicz@awf.edu.pl Grzegorz.lisek@awf.edu.pl
Date: 29.04.2025	