

**Subject: PSYCHOLOGY OF PHYSICAL ACTIVITY****I. General information**

Organization unit	Faculty of Physical Education Chair: Departament of pedagogy and psychology of physical culture Supervisor:
Course name	PSYCHOLOGY OF PHYSICAL ACTIVITY
Subject code	5/1/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	3
Teacher/ e-mail	M.A. Marta Szczypińska marta.szczypinska@awf.edu.pl
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Psychology

II. 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

Learning outcome	Subject's learning outcomes
Knowledge	
K_W05 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_U15 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.
K_U05 Ability to use basic motivation techniques in promoting a healthy lifestyle.	Student uses basic motivational techniques. He can promote a healthy lifestyle.
K_U15 Ability to make use of educational aspects of health promotion and physical activity in preventing negative social behaviours.	Student can interpret facts related to sport. He makes a group diagnosis.
Social Competences	
K_K05 Ability to express his opinions in a persuasive way, can negotiate effectively and use basic communication techniques	Student is effective in communicating
K_K06 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.
K_K02 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

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Team building
SC2	Introduction to sport psychology
SC3	Imaginary training
SC4	Shaping the player's cognitive skills: exercises that develop the ability to focus attention
SC5	Regulation of emotional states of an athlete - managing the level of arousal. Basic techniques of coping with stress, including relaxation
SC6	Mindfulness
SC7	Motivation in sport. Motivation of achievements and its relationship with sporting activity
SC8	Internal speech in sport
SC9	Forming self-confidence in sport
SC10	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.
SC11	Mental disorders in sport
SC12	Ethics of sport psychologist
SC13	Methods of psychological diagnosis in sport.
SC14	Case studies part 1
SC15	Case studies part 2

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	60

Assessment criterion:

1. Presentation
2. Frequency
3. Case study

Bibliography:

- 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

