



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Exercise Psychology							
Course Code		REKB218		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	47 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to gain the basic knowledge and skills related to sports psychology and to use them in sports environment.							
Course Content		Learns the basics of sports psychology, knows the research methods of sports psychology, provides the relationship between social psychology and sports							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion					
Name of Lecturer(s)		Assoc. Prof. Çağatay DERECELİ							

Prerequisites & Co-requisites

Equivalent Course	REKB314
ECTS Requisite	45

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Spor Psikolojisi, "Şefik TIRYAKI, Eylül yayınevi, Ankara, 2000. Sporda Başarının Psikolojisi, Can İKİZLER, Alfa yayınevi, İstanbul, 1994.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of sport and psychology, introduction to sport psychology.
2	Theoretical	What is sports psychology and how was it born? Subject area of ??sport psychology and research methods in sport psychology. Role and responsibilities of sports psychologist.
3	Theoretical	Talent selection and personality dimension in sports
4	Theoretical	Mental training in sports
5	Theoretical	Contact. Coach-athlete communication
6	Theoretical	Attention and concentration in sports
7	Theoretical	Motivation and types of motivation in sport
8	Intermediate Exam	Midterm exam
9	Theoretical	Team and social psychology of team
10	Theoretical	Competition Stress and Anxiety
11	Theoretical	Use of Doping in Sports and Psychological Causes
12	Theoretical	Psychological dimension of overtraining
13	Theoretical	Psychological dimension of children's sports
14	Theoretical	Competence and Self Confidence
15	Final Exam	Final exam



Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Midterm Examination	1	3	2	5
Total Workload (Hours)				47
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To learn the basics of sports psychology
2	To learn research methods of sport psychology,
3	To provide social psychology with sport
4	Motivation and motivation types in sport
5	Understand the causes of competition stress and anxiety

Programme Outcomes (Recreation)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfill responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfill scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

