



**AYDIN ADNAN MENDERES UNIVERSITY**  
**GRADUATE SCHOOL OF HEALTH SCIENCES**  
**PHYSICAL EDUCATION AND SPORTS**  
**PHYSICAL EDUCATION AND SPORTS**  
**PHYSICAL EDUCATION AND SPORTS MASTER**  
**COURSE INFORMATION FORM**

Course Title	Mental Training in Sports								
Course Code	BSÖ557	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	Utilizing mental training to increase performance in sports								
Course Content	Giving information about the historical development of mental training method and summarizing the positive effects of the athlete on the performance within the framework of the studies in written sources								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Individual Study								
Name of Lecturer(s)									

#### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

#### Recommended or Required Reading

1	Mental Training in Sports (Rıdvan Ekmekçi) Detay Publishing
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Sport Psychology
2	Theoretical	Psychological factors in sport
3	Theoretical	Mental training concept
4	Theoretical	Concept of mental acclimation
5	Theoretical	A healthy mind-body relationship
6	Theoretical	Effects of mental training on athlete's success
7	Theoretical	Analytical thinking
8	Theoretical	Midterm exam
9	Theoretical	Mental training methods
10	Theoretical	Organizing weekly mental training program
11	Theoretical	Psychoregulation Techniques
12	Theoretical	Autogenous Training and Biological Feedback
13	Theoretical	Psychotonic Training
14	Theoretical	Final exam

#### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Individual Work	4	4	4	32
Midterm Examination	1	1	1	2



Final Examination	1	1	1	2
Total Workload (Hours)				176
[Total Workload (Hours) / 25*] = ECTS				7
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Define the concepts related to mental training.
2	Understands the importance of a healthy mind and body relationship.
3	Understands the positive effect of mental training on athlete's success.
4	Gains the ability of analytical thinking.
5	Know the methods of mental training to increase performance in sports.

### Programme Outcomes (Physical Education and Sports Master)

1	Uses application and problem solving skills in interdisciplinary studies.
2	Develops basic scientific knowledge and attitude appropriate to body and sport.
3	Interpret the results of test development and measurement for the development of individuals in physical education and sport.
4	Explains the scientific methods in physical education and sports.
5	o follow national and international developments in the field and maintain professional development.
6	Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	3	4	2	3	4
P2	3	2	4	3	5
P3	4	3	2	4	2
P4	2	3	3	2	3
P5	4	2	5	3	4
P6	2	4	2	5	5

