



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Test Development in Social Areas in Sports							
Course Code		BSÖ561		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		The aim of this course is to understand the importance of sports psychology in increasing athletic performance.							
Course Content		Definition of psychology, research methods in psychology, sports psychology, its history, aims and recent studies on sports psychology							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, 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	Kuter, M; Öztürk, F: Antrenör ve Sporcu Elkitabı. Bağırhan Yayınevi. Bursa. 1997.
2	Tiryaki Ş.; Spor Psikolojisi, Kavramlar, Kuramlar ve Uygulama.Eylül Kitap ve Yayınevi, Yenişehir, Ankara,2000.
3	Weinberg R.S., Gould D.; Foundations of Sport and Exercise Psychology.third edition, Human Kinetics,USA.2003.
4	Biçer T. Yaşamda ve Sporda Doruk Performans, Başarının Zihinsel Dinamikleri, Beyaz Yayınları 3. Baskı, İstanbul,1998.

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of psychology, research methods in psychology, sports psychology, its history, aims and recent studies on sports psychology
2	Theoretical	Outline of practices in sports psychology, psychological and mental exercises
3	Theoretical	Personality; its determinants, contribution of sports to personality development, personality theories and investigating athletes' personalities
4	Theoretical	Definition of fear, anxiety, stress and stimulation and their effect on athletic performance, theories of stimulation-performance relationship
5	Theoretical	Motivation in sports; motivation theories, achievement motivation, goal realization, theories of predication
6	Theoretical	Elimination of factors which obstruct performance, psychoregulation and relaxation techniques
7	Theoretical	Goal setting, the stage of athletic goals, points to consider in goal setting
8	Intermediate Exam	Midterm Exam
9	Theoretical	Group and group dynamics in sports, group formation stages, creating a team spirit and trust practices
10	Theoretical	Group and group dynamics in sports, group formation stages, creating a team spirit and trust practices
11	Theoretical	The importance of communication between the athlete and the coach, the role of the coach in giving psychological support to the athlete. How should the coach approach to the athlete?
12	Theoretical	Perception, attention, concentration and socio-psychological theories of attention
13	Theoretical	The definition of overtraining, its causes, symptoms and practices to relieve the symptoms
14	Theoretical	Psychological support to be given to the athlete before, during and after the competition. Ideal performance state (IPS)
15	Theoretical	Getting feedback and assessment
16	Final Exam	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*] = <b>ECTS</b>				7
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Uses the knowledge, experience, practice and problem solving skills acquired during his/her graduate study in interdisciplinary studies.
2	Develops basic scientific knowledge, skills and attitudes about body and sports.
3	Reviews policies in Physical Education and sports.
4	Explains the principles of organizational ethics.
5	Determines physical activity levels of individuals in different age groups in Physical Education and 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	to 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	5	4	3	4
P2	4	4	4	3	4
P3	5	5	3	4	3
P4	4	3	5	5	5
P5	5	4	4	4	5
P6	4	5	3	3	3

