



**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 | Psychological Support in Sport | | | | | | | | |
| Course Code | BSÖ537 | | Course Level | | Second Cycle (Master's Degree) | | | | |
| ECTS Credit | 7 | Workload | 176 (Hours) | Theory | 3 | 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 | Performance and welfare of athletes, developmental and social aspects of participation in sports, systematic problems related to sport activities will be discussed. | | | | | | | | |
| Work Placement | N/A | | | | | | | | |
| Planned Learning Activities and Teaching Methods | Explanation (Presentation) | | | | | | | | |
| Name of Lecturer(s) | | | | | | | | | |

Assessment Methods and Criteria

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

Recommended or Required Reading

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| 1 | Psychological Support in Sports (Cengiz Karagözoğlu) Morpa Kültür Yayınları |
|---|---|

| 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 sport |
| 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 | Theoretical | Midterm |
| 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 | 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

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|---|--|
| 1 | To learn the basics of sports psychology |
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| 2 | To learn research methods of sports psychology |
| 3 | To provide social psychology with sport |
| 4 | Stresle baş edebilmeyi sağlamak |
| 5 | Development of social psychology |

Programme Outcomes (Physical Education and Sports Master)

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|---|---|
| 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 | 2 | 3 | 4 | 3 | 3 |
| P2 | 1 | 2 | 2 | 5 | 4 |
| P3 | 3 | 2 | 5 | 2 | 2 |
| P4 | 1 | 1 | 3 | 4 | 1 |
| P5 | 2 | 4 | 5 | 1 | 5 |
| P6 | 4 | 3 | 4 | 2 | 3 |

