



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Psychological Support in Sport							
Course Code		BSÖ537		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 ( <i>Hours</i> )	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)		Assoc. Prof. Çağatay DERECELİ							

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
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	
1	To learn the basics of sports psychology
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)**

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	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

