

SYLLABUS

1. Course title:

Psychology of Sport

2. Code:**3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory Elective**6. Prerequisites:**

none

7. Class restrictions:

none

8. Duration / semester:**9. Weekly contact hours:**

9.1. Lectures:

2

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

0

10. Faculty:

Humanities and Social Sciences

11. Department/study program:

Pedagogy-Psychology

12. Lecturer:

Elvis Vardo

13. Lecturer's e-mail:

elvis.vardo@untz.ba

14. Web site:**15. Course aims:**

Familiarize students with basic terms of psychology of sport, psychological factors with training process, succes and unsuccesses...To become familiar with fundamental principles of educational and counseling work in sport.

16. Learning outcomes:

Based on program content and set goals, students will be trained to:

- Contribute to the general competence for the application of psychological knowledge in resolve different problems in the sports context;
- Develop some specific competencies that can help in their professional adaptation and future professional work.

17. Course content:

The definition and subject of the psychology of sport. Specific problems of psychology of sport.
Components of success in sports activities.
The perception, sensation classification and general characteristics of the perceptual system. Attention and attention to the sport, in the short term and long-term memory, forgetting processes.
Motivational control system, the classification of the motives, conflict situations, ways of reacting to frustration, motivational climate in the sport.
The climate in the sport. Internal and external motivation in sport and physical activity.
Cognitive abilities, information processing model, the impact of cognitive skills to success in body education and sport
The influence of personality traits on athletic success: morality, anxiety, inferiority, superiority, aggressiveness.
Characteristics of the sportsperson, the effect of sport activities and development related to personality trait. Multiple processes and interactions in the sports group. The role of leaders in sport. Psychological preparation.
Eating disorders in sportsperson. Burning sportsperson. The role of psychology in sports rehabilitation.

18. Learning methods:

Program content will be realized through the following forms of teaching:

- Lectures
- Exercises

The following teaching methods are used in lectures and exercises: the oral presentation method, the dialogue method, method of demonstration and illustration, method of written work, methods of working on the text.

The model of teaching work will be used in the realization of the contents: frontal, group, paired and individual work.

The forms of learning that will be applied: experiential, organizational and self-directed learning.

19. Assessment methods:

Assesment of the knowledge will be conducted through:

- The written method of knowledge assesment (mid-semester and at the end of the semester).
- Written/Oral exam

The written part of the exam will be in the form of an essay test and a ZOT. In order to pass exam, students must achieve succes both, on integral part of the overall achievements during the semester, including written part of the exam.

Verification of knowledge is carried out on the final, additional exam term, and final additional exam in written and oral part of exam.

The students who have attended and verified the semester and finished their pre-exam requirements (written exams, other pre-requisites) are allowed to take final exam.

20. Assessment components:

Attendance in lectures (5 points) and practical classes (5 points): 10 points

Individual project: 40 points (20 points+20points)

Overall amount of points on pre-exam requirements is 50.

Final written exam: 50 points

Total points: 100

The following is the grading scale, showing the points, numerical grade, descriptive grade and letter grade:

0-53 5 (five) fail F

54-63 6 (six) satisfactory E

64-73 7 (seven) good D

74-83 8 (eight) very good C

84-93 9 (nine) excellent B

94-100 10 (ten) outstanding A

21. Required reading list:

1. Cox, R. (2005). Psihologija sporta: koncepti i primjene. Naklada Slap. Jastrebarsko.

2. Pajević, D. (2003). Psihologija sporta i rekreacije. Grafomark. Laktaši.

22. Web sources:

www.appliedsportpsych.org

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

16 March 2015
