

## SYLLABUS

**1. Course title:**

Sport and recreation psychology

**2. Code:****3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory  Elective**6. Prerequisites:****7. Class restrictions:**

Students from the departments of psychology and kinesiology students

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

9.1. Lectures:

9.2. Seminars:

9.3. Laboratory/Practice classes:

**10. Faculty:**

Faculty of Humanities and Social Sciences

**11. Department/study program:**

Psychology

**12. Lecturer:****13. Lecturer's e-mail:**

**14. Web site:**

www.ff.untz.ba

**15. Course aims:**

Students will attain general knowledge of sport psychology, gain insight in the role of psychological factors in the practice and training, sport achievement and failure, as well as be introduced to main principles of educative and counseling work in sport.

**16. Learning outcomes:**

Based on learning content and set aims students will be able to:

- Contribute to general competence for application of psychological concepts to solving different problems in the sport context
- Develop certain specific competences that can help in their personal adjustment and future professional work.

**17. Course content:**

Definition and subject of sport psychology. Specific problems of sport psychology.

Success components in sports activities.

Perception, sensory classification and general characteristics of sensory systems. Attention and attention in sports, short – term and long – term memory, forgetting processes.

Motivation control system, classification of motives, conflict situation, types of reactions to frustration, motivational climate in sports. Intrinsic and extrinsic motivation in sport and physical activities.

Cognitive abilities, information processing model, influence of cognitive abilities to performance in physical education and sport.

Influence of personality traits on sport performance: morality, anxiety, inferiority, superiority, aggression.

Personality characteristics of an athlete, influence of sport activities on development and personality change. Group processes and interaction in sports groups. Role of leaders in sports. Psychological preparation. Eating disorders in athletes. Role of psychology in sport rehabilitation.

**18. Learning methods:**

Course content is realized through following:

-Lectures

In the realization of lectures and practice classes the following teaching methods are used: oral presentation, dialogue method, demonstration and illustration, writing and reading.

The following instruction forms will be used: frontal, group, pair and individual assignments.

The following learning forms will be used: experience, organizational and self-regulated learning.

**19. Assessment methods:**

Knowledge assessment will be carried through:

-Written parts of the exam (two times during the semester)

-Written exam

Written exams will be conducted during the semester (in the middle of and at the end of the semester). Questions in the written exam part can be in the form of essay and objective tests. Achievement on the written exams is a part of the student's performance assessment. during the semester

Knowledge assessment is carried out in the final, retake and final retake exam in the written and oral form. The final exam can be taken by students who have finished and verified their semester and finished all pre-exam tasks during the semester (written exam parts and other pre-exam activities).

**20. Assessment components:**

- lectures attendance 5 points
  - practice class attendance 5 points
  - individual class activities 20 points
  - written exam parts 20 (10+10) points
- Maximum amount of points before the final exam 50 points
- final exam 50 points.

Maximum amount of points: 100. The final grade is formed in respect to the following scale:

- 54-62 points grade six (6)
- 63-72 points grade seven (7)
- 73-82 points grade eight (8)
- 83-92 points grade nine (9)
- 93-100 points grade ten (10)

**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](http://www.appliedsportpsych.org)

**23. Applicable starting from the academic year:**

2022/2023

**24. Adopted in the Faculty/Academy session:**

(max. 10 char.)