

# TOROS ÜNİVERSİTESİ

Faculty Of Economic, Administrative And Social Sciences  
Psychology (English)

## Course Information

SPORT PSYCHOLOGY					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
PSY439	Fall	3	0	3	5

<b>Prerequisites and co-requisites</b>	none
<b>Language of instruction</b>	Turkish
<b>Type</b>	Elective
<b>Level of Course</b>	Bachelor's
<b>Lecturer</b>	
<b>Mode of Delivery</b>	Face to Face
<b>Suggested Subject</b>	none
<b>Professional practise ( internship )</b>	None
<b>Objectives of the Course</b>	Description of social psychology, methodology, and historical development. Other key issues, attitudes and attitude change, social perception, social cognition, conflict and aggression.
<b>Contents of the Course</b>	Definition of Social Psychology and Research Areas: Human Behavior in the Social and Cultural Dimension; People Values, Beliefs, Attitudes, Individuals Social Behaviour

## Learning Outcomes of Course

#	Learning Outcomes
1	To understand basic concepts of sport psychology
2	to able to analyze studies in sport psychology
3	literature research
4	to understand interaction between sport and psychology

## Course Syllabus

#	Subjects	Teaching Methods and Technics
1	introduction to course	presentation
2	personality traits in sport	presentation
3	motivation and success	presentation
4	stress and anxiety	presentation
5	collaboration and rivalry in sport	presentation
6	feedback and reinforcement	presentation
7	group and team dynamics	presentation
8	midterm	
9	the importance of determining goals	presentation
10	leadership	presentation
11	communication in sport	presentation
12	introduction to sport training	presentation

13	agression	presentation
14	self	presentation
15	physical activity	presentation
16	Final Exam	

## Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	Social psychology of exercise and sport. Martin Hagger and Nikos Chatzisarantis		

## Method of Assessment

#	Weight	Work Type	Work Title
1	40%	Mid-Term Exam	Mid-Term Exam
2	60%	Final Exam	Final Exam

## Relationship between Learning Outcomes of Course and Program Outcomes

#	Learning Outcomes	Program Outcomes	Method of Assessment
1	To understand basic concepts of sport psychology	1,2,10	1,2
2	to able to anayze studies in sport psychology	1,2,13	1,2
3	literature research	1,2,13	1,2
4	to understand interaction between sport and psychology	1,2,9	1,2

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

## Work Load Details

#	Type of Work	Quantity	Time (Hour)	Work Load
1	Course Duration	14	3	42
2	Course Duration Except Class (Preliminary Study, Enhancement)	14	3	42
3	Presentation and Seminar Preparation	0	0	0
4	Web Research, Library and Archival Work	0	0	0
5	Document/Information Listing	0	0	0
6	Workshop	0	0	0
7	Preparation for Midterm Exam	1	5	5
8	Midterm Exam	1	3	3
9	Quiz	0	0	0
10	Homework	2	5	10
11	Midterm Project	0	0	0
12	Midterm Exercise	2	10	20
13	Final Project	0	0	0
14	Final Exercise	0	0	0
15	Preparation for Final Exam	1	10	10
16	Final Exam	1	3	3
				<b>135</b>

