

TOROS ÜNİVERSİTESİ

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

Course Information

| SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY IN SCALE USED | | | | | |
|--|----------|-------------|----------|-----------------|-------------|
| Code | Semester | Theoretical | Practice | National Credit | ECTS Credit |
| | | Hour / Week | | | |
| PSY450 | Spring | 3 | 0 | 3 | 5 |

| | |
|---|--|
| Prerequisites and co-requisites | none |
| Language of instruction | Turkish |
| Type | Elective |
| Level of Course | Bachelor's |
| Lecturer | |
| Mode of Delivery | Face to Face |
| Suggested Subject | none |
| Professional practise (internship) | None |
| Objectives of the Course | The objective of this course is to make students know the practice principles of Sport Psychology, The Role of Sport Psychology in increasing performance and motivation and personality in sports |
| Contents of the Course | Historical development of sports Psychology and reserach method. the role and responsibilities of sport psychology |

Learning Outcomes of Course

| # | Learning Outcomes |
|---|--|
| 1 | Know the basis of sport psychology. |
| 2 | Know the personal specialities of successful athletes Know the effect of group Dynamics and group communication on performance in sport. |
| 3 | Dynamics and group communication on performance in sport. |
| 4 | to investigate the effect of psychological factors on sportsman |

Course Syllabus

| # | Subjects | Teaching Methods and Technics |
|----|---|-------------------------------|
| 1 | Historical development of sports Psychology and its place in sport | discussion and presentation |
| 2 | Expectations from sport Psychology, Limits of Physical Performance | discussion and presentation |
| 3 | Practice principles of Sport Psychology, The Role of Sport Psychology in increasing performance | discussion and presentation |
| 4 | Sport and personality ,Motivation in sports | discussion and presentation |
| 5 | Techniques of Psychology and intellectual training in sport | discussion and presentation |
| 6 | Contest psychology and being prepared for contest | discussion and presentation |
| 7 | midterm exam | |
| 8 | Group Dynamic in sport and performance Relationship | discussion and presentation |
| 9 | Permanent Factors That prevent the the performance in sport | discussion and presentation |
| 10 | Situational Factors that affects performance in sport (Stimulation Stress Anxiety) | discussion and presentation |
| 11 | Problematic Sportman in Sport and psychological Approach to Sportsman | discussion and presentation |
| 12 | Problematic Sportman in Sport and psychological Approach to Sportsman | discussion and presentation |

| | | |
|----|-----------------------------------|-----------------------------|
| 13 | Mental training technics in sport | discussion and presentation |
| 14 | Mental training technics in sport | discussion and presentation |
| 15 | evaluation | discussion and presentation |
| 16 | Final Exam | |

Course Syllabus

| # | Material / Resources | Information About Resources | Reference / Recommended Resources |
|---|--|-----------------------------|-----------------------------------|
| 1 | Spor Psikolojisi Prof. Dr. Orhan Doğan NOBEL KİTABEVİ | | |
| 2 | Uygulamalı Spor Psikolojisi Ve Performans Sporunda Rolü,Ergun BAŞER,GSGM yayınları,Ankara,1986. Uygulamalı Spor Psikolojisi,A.Osman ÖZCAN,Can İKİZLER,Alfa | | |

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 | Know the basis of sport psychology. | 1,2,3 | 1,2 |
| 2 | Know thepersonal specialities of successful athletes Know the effect of group Dynamics and group communication on performance in sport. | 1,2,3 | 1,2 |
| 3 | Dynamics and group communication on performance in sport. | 1,2,3 | 1,2 |
| 4 | to investigate the effect of psychological factors on sportsman | 1,2,3 | 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 | 0 | 0 | 0 |
| 8 | Midterm Exam | 0 | 0 | 0 |
| 9 | Quiz | 0 | 0 | 0 |
| 10 | Homework | 0 | 0 | 0 |
| 11 | Midterm Project | 0 | 0 | 0 |
| 12 | Midterm Exercise | 0 | 0 | 0 |
| 13 | Final Project | 0 | 0 | 0 |
| 14 | Final Exercise | 0 | 0 | 0 |
| 15 | Preparation for Final Exam | 1 | 3 | 3 |

| | | | | |
|----|------------|---|---|-----------|
| 16 | Final Exam | 1 | 3 | 3 |
| | | | | 90 |