

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
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