

# 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> |

