

Psychology (English)			
Bachelor	TR-NQF-HE: Level 6	QF-EHEA: First Cycle	EQF-LLL: Level 6

Course Introduction and Application Information

Course Code:	PSY047						
Course Name:	Sports Psychology						
Semester:	Spring Fall						
Course Credits:	<table border="1"> <tr> <td>ECTS</td> </tr> <tr> <td>5</td> </tr> </table>			ECTS	5		
ECTS							
5							
Language of instruction:							
Course Condition:							
Does the Course Require Work Experience?:	No						
Type of course:	Departmental Elective						
Course Level:	<table border="1"> <tr> <td>Bachelor</td> <td>TR-NQF-HE:6. Master`s Degree</td> <td>QF- EHEA:First Cycle</td> <td>EQF-LLL:6. Master`s Degree</td> </tr> </table>			Bachelor	TR-NQF-HE:6. Master`s Degree	QF- EHEA:First Cycle	EQF-LLL:6. Master`s Degree
Bachelor	TR-NQF-HE:6. Master`s Degree	QF- EHEA:First Cycle	EQF-LLL:6. Master`s Degree				
Mode of Delivery:	Face to face						
Course Coordinator:	Dr. Öğr. Üy. BİNGÜL KEMİKSİZ UZEL						
Course Lecturer(s):	Doç. Dr. Murat Artıran						
Course Assistants:							

Course Objective and Content

Course Objectives:	The aim of this course is to introduce the area of sports psychology and the role of sports psychologist and fields of study.
Course Content:	Skill analysis for sports and personality aspect, mental training and visualization, self-efficiency and self-confidence, trainer-sportsman communication, attention and concentration in sports,

sports motivation and motivational patterns, stress and anxiety due to competition, team psychology in sports, psychological basis of doping use in sports, aggression and addiction in sports are some of the topics of sports psychology.

Learning Outcomes

The students who have succeeded in this course;

- 1) Students will have detailed information about sports psychology, which is a sub-field of psychology.
- 2) They will have theoretical knowledge of sports psychology. They will have an idea about the application areas.

Course Flow Plan

Week	Subject	Related Preparation
1)	Introduction to Sport Psychology	Articles and Lecture Notes Provided by the Instructor
2)	Personality and Sport	Articles and Lecture Notes Provided by the Instructor
3)	Motivation in Sport	Articles and Lecture Notes Provided by the Instructor
4)	Arousal, Stress, and Anxiety	Articles and Lecture Notes Provided by the Instructor
5)	Attention and Concentration	Articles and Lecture Notes Provided by the Instructor
6)	Self Esteem and Self Efficacy	Articles and Lecture Notes Provided by the Instructor
7)	Midterm exam	Articles and Lecture Notes Provided by the Instructor
8)	Goal Setting and Motivation Techniques	Articles and Lecture Notes Provided by the Instructor
9)	Imagery and Mental Rehearsal	Articles and Lecture Notes Provided by the Instructor
10)	Team Dynamics and Group Cohesion	Articles and Lecture Notes Provided by the Instructor
11)	Leadership in Sport	Articles and Lecture Notes Provided by the Instructor

12)	Communication in Sport Settings	Articles and Lecture Notes Provided by the Instructor
12)	Communication in Sport Settings	Articles and Lecture Notes Provided by the Instructor
13)	Burnout, Overtraining, and Athlete Mental Health	Articles and Lecture Notes Provided by the Instructor
14)	Youth Sport Psychology	Articles and Lecture Notes Provided by the Instructor
15)	Final exam	Articles and Lecture Notes Provided by the Instructor

Sources

Course Notes / Textbooks:	Spor Psikolojisi - Costas I. Karageorghis & Peter C. Terry / Sport Psychology - Costas I. Karageorghis & Peter C. Terry
References:	Spor Psikolojisi - Costas I. Karageorghis & Peter C. Terry / Sport Psychology - Costas I. Karageorghis & Peter C. Terry

Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2
Program Outcomes		
1) Have the theoretical knowledge related to major sub areas of psychology.		1
2) Apply psychological concepts and theories in a variety of applied settings.	2	2
3) Define and explain the cognitive, emotional and behavioral processes of human beings.		
4) Evaluate psychological evidence and assumptions in a scientific and critical way.		
5) Collect and analyze psychological research data and interpret and report the findings in accordance to scientific publication rules.	2	
6) Develop and utilize assessment and measurement tools for psychological phenomena.		
7) Have the skills and abilities to follow innovations and developments in psychology and other related sciences.		
8) Have knowledge and skills to work effectively on individual or group basis.	2	
9) Have knowledge and skills to communicate in a clear and effective manner in national and international settings.		

Course Learning Outcomes	1	2
10) Behave in accordance with professional code of conduct and ethics related to psychology.		
11) Behave in an unprejudiced and equal way towards various identity groups such as age, gender, language, race, religion and social class in scientific and professional activities.		2
12) Have respect for universal values and human and animal rights.	3	
13) Use a foreign language at least B1 level of European Language Portfolio.		
14) Use computer softwares as well as information and communication technologies at least Basic level of European Computer Driving Licence.	2	3

Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	Have the theoretical knowledge related to major sub areas of psychology.	
2)	Apply psychological concepts and theories in a variety of applied settings.	
3)	Define and explain the cognitive, emotional and behavioral processes of human beings.	
4)	Evaluate psychological evidence and assumptions in a scientific and critical way.	
5)	Collect and analyze psychological research data and interpret and report the findings in accordance to scientific publication rules.	
6)	Develop and utilize assessment and measurement tools for psychological phenomena.	
7)	Have the skills and abilities to follow innovations and developments in psychology and other related sciences.	
8)	Have knowledge and skills to work effectively on individual or group basis.	
9)	Have knowledge and skills to communicate in a clear and effective manner in national and international settings.	
10)	Behave in accordance with professional code of conduct and ethics related to psychology.	
11)	Behave in an unprejudiced and equal way towards various identity groups such as age, gender, language, race, religion and social class in scientific and professional activities.	

12)	Have respect for universal values and human and animal rights.	
13)	Use a foreign language at least B1 level of European Language Portfolio.	
14)	Use computer softwares as well as information and communication technologies at least Basic level of European Computer Driving Licence.	

Assessment & Grading

Değerlendirme Yöntemleri ve Kriterleri	Number of Activities	Level of Contribution
Midterms	1	% 40
Final	1	% 60
total		% 100

Workload and ECTS Credit Calculation

Activities	Number of Activities	Workload
Course Hours	13	39
Midterms	1	36
Final	1	50
Total Workload		125