

PSYB12-141 SPECIAL COURSE IN APPLIED PSYCHOLOGY: SPORT PSYCHOLOGY

Credits: 3

Number of lessons per week: 2

Type: Practical

Description of the subject:

This module is designed to provide a basic understanding of the human behaviour in sports and exercise context. Two basic questions are addressed in this module: 1) What are the determinants of human behaviour in sports?, and 2) How do sport and exercise activities influence human behaviour? The approach taken in this module focuses on the individual.

Topics:

- Personality in sport
- Motivation in sport
- Arousal, stress, and anxiety
- Competition and cooperation
- Feedback, reinforcement and intrinsic motivation
- Group dynamics in sport
- Cohesion in sport
- Leadership
- Communication
- Self-confidence
- Attention and concentration
- Imagery in performance
- Arousal regulation
- Goal setting

Recommended readings:

Cox, R. H. (2002). *Sport Psychology: Concepts and Applications* (5th ed.). Madison, Wis: Brown & Benchmark Publishers.

Gill, D. (1986). *Psychological dynamics of sport*. Champaign, IL: Human Kinetics Publishers.

Weinberg, R. S., & Gould, D. (2011, 2007). *Foundations of sport and exercise psychology*. Champaign, IL; Leeds: Human Kinetics.