

# Global Learning Semesters

## Course Syllabus

Course: SPSC-150 Sports Psychology

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-150	Sports Psychology	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	None
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

### Course Description

The module will introduce students to key concepts in Sport Psychology through the consideration of relevant theories, seminar and key research studies in this area and, where appropriate at this level, practical application. The main aim of the course is to provide an introductory examination of the key psychological factors that affect sport performance.

### Prerequisites

None

### Topic Areas

The module will cover a range of issues central to Sport Psychology, thus the indicative content is as follows:

1. Introduction to sport psychology.
2. Sport psychology and the coach.
3. Motivation (attribution theory, goal achievement theory, competence motivation theory, need achievement theory).
4. Arousal, stress and anxiety (drive theory, inverted U theory, IZOF hypothesis, multidimensional anxiety theory).
5. Team dynamics (cohesion, leadership).
6. Self-confidence (self-efficacy theory, sport confidence model).
7. Mood state, emotions and performance.
8. Developmental issues in sport psychology (self-esteem, moral and identity development).

### Learning Outcomes

1. On completion of this module, students should be able to:  
Demonstrate core knowledge and understanding of the key theories and concepts in sport psychology.
2. Have a basic knowledge of the most important theories in the core areas of psychology, their methods, and the different results that such methods yield.
3. Identify how psychological research methods can be used to predict/measure sport behaviour.
4. Identify how psychological theories can be applied to the role of exercise in life patterns.
5. Describe the methodological issues and difficulties associated with psychological research.

### Assessment

Midterm Examination:	(25%)
Final Examination:	(40%)
Essay/Assignment:	(25%)
Attendance/Participation:	(10%)

## Readings and Resources

### Required Textbooks

1. Weinberg R.S., and Gould D. (1995). Foundations of Sport and Exercise Psychology. Leeds: Human Kinetics
2. Atkinson R.L., Atkinson R.C., Smith E.E. and Bem D.J. (1993) Introduction to Psychology. London: Harcourt Brace and Jovanovich.
3. Bakker F.C., Whiting H.T.A, and Van der Brug H. (1995). Sports Psychology: Concepts and Applications. Chichester: Wiley.