

NAME OF THE COURSE		Psychology of sport and exercise				
Code		Year of study	1 st undergraduate study			
Course teacher	Associate professor, Boris Milavić, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			15	6	6	
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	This course study physical, affective, and cognitive behaviours associated with sport participation. The course will also examine psychological theories and research related to sport and exercise behaviour. The course is designed to introduce students to the field of sport and exercise psychology by providing broader overview of major topics in the field. Also, the topics covered in this course are designed to increase students' understanding of psychological training of athletes; how psychological factors influence involvement and performance in sport; and to help students acquire skills and knowledge about sport and exercise psychology that can be applied to everyday life (academically, athletically or personally).					
Course enrolment requirements and entry competences required for the course						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will be able to do the following:</p> <ul style="list-style-type: none"> - to understand the effects of psychological factors on sport performance; - to define and classify basic concepts and processes in psychology of sport and exercise; - to distinguish different theories, classifications and taxonomies in psychology of sport and exercise; - to connect elements of sport psychology with sport practice; - to weigh critically the needs and requirements of modern sport with the applications of sport psychology; - to integrate the elements of applied sport psychology for the purposes of modern sport 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	Introduction to Sport and Exercise Psychology (1 hour)		Associate professor, Boris Milavić, PhD			
	Personality and Sport (1 hour)		Associate professor, Boris Milavić, PhD			
	Motivation (1 hour)		Associate professor, Boris Milavić, PhD			
	Arousal, Stress, and Anxiety (1 hour)		Associate professor, Boris Milavić, PhD			
	Feedback, Reinforcement, and Intrinsic Motivation (1 hour)		Associate professor, Boris Milavić, PhD			
	Group and Team Dynamics; Group Cohesion (1 hour)		Associate professor, Boris Milavić, PhD			
	Introduction to Psychological Skills Training (1 hour)		Associate professor, Boris Milavić, PhD			
	Arousal Regulation (1 hour)		Associate professor, Boris Milavić, PhD			
	Imagery (1 hour)		Associate professor, Boris Milavić, PhD			
	Self-Confidence (1 hour)		Associate professor, Boris Milavić, PhD			
Goal Setting (1 hour)		Associate professor,				

					Boris Milavić, PhD	
	Concentration (1 hour)				Associate professor, Boris Milavić, PhD	
	Exercise and Psychological Well-Being (1 hour)				Associate professor, Boris Milavić, PhD	
	Athletic Injuries and Psychology; Burnout and Overtraining (1 hour)				Associate professor, Boris Milavić, PhD	
	Children and Sport Psychology (1 hour)				Associate professor, Boris Milavić, PhD	
	Seminars		Teacher			
	Overview of Interventions in Sport; Assessment, Evaluation and Counselling in Sport (1 hour)					Associate professor, Boris Milavić, PhD
	Team Sports - Using Sport Psychology to Improve Basketball Performance (1 hour)					Associate professor, Boris Milavić, PhD
	Team Sports - Psychological Interventions with Football (Soccer) Teams (1 hour)					Associate professor, Boris Milavić, PhD
	Individual Sports - The Psychology of Athletics (1 hour)					Associate professor, Boris Milavić, PhD
	Individual Sports - Sport Psychology in Gymnastics (1 hour)					Associate professor, Boris Milavić, PhD
	Water Sports - Psychological Aspects of Rowing (1 hour)					Associate professor, Boris Milavić, PhD
	Exercises		Teacher			
	Psychological Skills Profiling (1 hour)					Associate professor, Boris Milavić, PhD
	Arousal Regulation Techniques (Breathing) (1 hour)					Associate professor, Boris Milavić, PhD
	Goal Setting (1 hour)					Associate professor, Boris Milavić, PhD
	Imagery (1 hour)					Associate professor, Boris Milavić, PhD
	Self-talk and Improving Self-Confidence (1 hour)					Associate professor, Boris Milavić, PhD
	Stress Management Techniques (Autogenic Training & Progressive Relaxation) (1 hour)					Associate professor, Boris Milavić, PhD
	Format of instruction	<input checked="" type="checkbox"/> lectures	<input checked="" type="checkbox"/> independent assignments			
<input checked="" type="checkbox"/> seminars and workshops						
	<input checked="" type="checkbox"/> exercises	<input type="checkbox"/> multimedia				
	<input type="checkbox"/> <i>on line</i> in entirety	<input type="checkbox"/> laboratory				
	<input type="checkbox"/> partial e-learning	<input type="checkbox"/> work with mentor				
	<input type="checkbox"/> field work	<input type="checkbox"/> (other)				
Student responsibilities	<p>- Attend classes regularly and actively participate in teaching assignments. Students will get different tasks during the teaching process. Examples of tasks: working together in a group; participating in practical exercises; writing an essay on a given topic; responding to review questions from the lecture; proposing solutions for the practical application of the acquired knowledge, ...);</p> <p>- Prepare and pass a written exam. Using the teaching materials and literature, the student will prepare the exam;</p> <p>- Participate in the evaluation activities of the teaching process.</p>					
Screening student work (<i>name the proportion of ECTS credits for each activity so that the</i>	Class attendance	1.0	Research		Practical training	0.5
	Experimental work		Report		(Other)	
	Essay		Seminar essay		(Other)	

total number of ECTS credits is equal to the ECTS value of the course)	Tests		Oral exam		(Other)	
	Written exam	1.5	Project		(Other)	
Grading and evaluating student work in class and at the final exam	<p>The final grade on the course is determined by the points obtained from:</p> <ul style="list-style-type: none"> - Student's activity in teaching - 30% of the final grade; - Written exam - 50% of the final grade; - Training and independent work - 20% of the final grade. <p><u>Student's activity in teaching.</u> Evaluation will be held during classes. The student accomplishes an activity if the percentage of his/her undertaken activities has been successful.</p> <p><u>Written exam</u> The written exam will be taken by the student at the end of the lectures.</p> <p><u>Training and independent work</u> Student's training and independent work will be evaluated.</p> <p>Based on the aforementioned, the final grade will be determined in the following manner:</p> <ul style="list-style-type: none"> - grade 2 (<i>sufficient</i>) for achieved 51% to 60%; - grade 3 (<i>good</i>) for achieved 61% to 75%; - grade 4 (<i>very good</i>) for achieved 76% to 90%; - grade 5 (<i>excellent</i>) for achieved 91% to 100%. 					
	Required literature (available in the library and via other media)	Title	Number of copies in the library		Availability via other media	
Weinberg, R.S., & Gould, D. (2011). <i>Foundations of sport and exercise psychology</i> (5 th ed.). Human Kinetics.		1				
Dosil, J. (Ed.). (2006). <i>The sport psychologist's handbook: A guide for sport-specific performance enhancement</i> . John Wiley & Sons.						
Optional literature (at the time of submission of study programme proposal)	<p>Burton, D., & Raedeke, T.D. (2008). <i>Sport psychology for coaches</i>. Human Kinetics.</p> <p>Karageorghis, C., & Terry, P. (2011). <i>Inside sport psychology</i>. Human Kinetics.</p>					
Quality assurance methods that ensure the acquisition of exit competences	<ul style="list-style-type: none"> - Class attendance (lectures, seminars and practical exercises); - Records and evaluation of assigned tasks; - Written exam; - External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching' 					
Other (as the proposer wishes to add)	http://moodle.kifst.hr/course/view.php?id=473					