

1. Title of Subject: Psychology of Sport and Recreation

2. Tutoring mode: Lecture

3. Form of completion – credit (with mark)

Requirements for obtaining the credit: Active participation in classes and written assignments.

4. Semester: winter

5. Hours per semester: 20 hrs

6. Syllabus:

Program comprises such issues as: Psychology of sport and recreation (short history, subject matter; goals and tasks); Psychological aspects of motor learning; Motivation and emotional processes in physical activity (mechanisms of arousal; expression and regulation of emotions); Psychology of promoting physical activity and health behaviors (development of prosomatic and health-oriented attitudes); Youth sports (talent in sport, child as an athlete, parents-coach-child cooperation; nurturing and encouraging young athletes; psychological skills for young athletes); Main rules of mental skills training and monitoring in physical activity; Stressful situations in sport activity and recreation, effective coping; Injury as an example of a difficult situation (perception; types of reactions; ways of coping, and social support); Communication in sport and recreation (basic rules of interpersonal communication; social influence; cooperation and conflicts solving in sport and recreation; effective team building).

7. Learning outcomes:

At the end of the winter semester students are expected:

- to know basic concepts of psychology of sport and recreation, to know psychological foundations of forming human behaviors in sport and recreation;
- to be able to communicate effectively with individuals and groups, to be able to express own opinions and beliefs, to be able to cope effectively in stressful situations in sport and recreational activity;
- to understand their own abilities and competencies in practical application of psychological knowledge in sport and recreation.

8. Qualifications frameworks (I level)

Knowledge – students have basic knowledge of psychosocial mechanisms in sport activity

Skills – students are able to communicate with individuals and groups within the scope of the studied subject;

Competencies - Is able to cooperate and work in the group

9. Organizational unit responsible for the course: Psychology Department - Institute of Social Sciences – Faculty of Physical Education and Sport.

10. Lecturer: Małgorzata Siekańska, PhD (20 hrs)

Author: Małgorzata Siekańska, PhD,

11. Form of realization – for all Erasmus students.

12. ECTS: 3