

1. Title of Subject: **Sport and Performance Psychology**

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:

Athletes and those who work under pressure, experience stress that can impact upon their performance and long-term development. The main goal of this course is to explore new and sound theoretical and practical issues in the field of sport and performance psychology - related to stress management. During the course theoretical models will be used to demonstrate the link between theory and research findings and the techniques used in practice. Stages and trajectories in athletes' expertise/career development will be described. Also risk factors (i.e., developmental crises, career transitions) and growth facilitators (i.e., types of behaviours supporting motivation and emotional self-regulation) of skills enhancement will be discussed. Examples of possible interventions will be provided, e.g., stress-prevention strategies, the Five-Step Career Planning Strategy, the Mobilization Model of Counseling. The course adopts a holistic and developmental approach in the practice of psychology. Program also comprises youth sport issues, such as: talent in sport, nurturing and encouraging young athletes; psychological skills for young athletes development and performance improvement.

7. Learning outcomes:

Knowledge: students know the basic concepts of performance psychology, know the psychological foundations of forming human behavior for comprehensive development in education, sport, business and other areas of life activities.

Skills: students are able to communicate effectively with individuals and with a group, are able to present their views and beliefs, are able to act effectively in stressful situations in different life contexts and areas of life activities.

Competences: students are aware of their possibilities and competences in practical application of psychological knowledge in education, sport, business and other areas of life activities.

8. Qualifications frameworks (I level)

Knowledge – students have basic knowledge of psychosocial mechanisms in educational and professional context.

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

Competencies - are 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**; Author: Małgorzata Siekańska, PhD,

11. Form of realization – **for all Erasmus students**.

12. ECTS: **3**

13. **The lecture can be delivered online**