**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

1. BASIC INFORMATION ABOUT THE COURSE

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| --- | --- |
| Name of the course | Sports psychology |
| Course Code\* |  |
| Name of the direction unit | College of Medical Sciences |
| Name of the unit realizing the course | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Level of study | Master studies |
| Profile | Academic |
| Form of studies | Full time |
| Year and semester/s of studies | 1 year, sem. I |
| Subject type | Basic |
| Language of lectures | Polish |
| Coordinator | Monika Drozd, Ph.D. |
| Name and surname of the person(s) conducting the course | Classes: Monika Drozd, Ph.D.Katarzyna Bliźniak, M.Ed. |

\* -optionally, as agreed in the Unit

1.1. FORMS OF CLASSES, NUMBER OF HOURS AND ECTS CREDITS

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester(No.) | Lecture | Classes | Conv. | Lab. | Sem. | Pract.Classes | Teaching practice | Other(s)(?) | **No. of ECTS** |
| Sem. I | 5 | 15 |  |  |  |  |  |  | 2 |
| **Total** | **5** | **15** |  |  |  |  |  |  | **2** |

1.2. The way of carrying out the classes

classes in the traditional form

☐ classes conducted using distance learning methods and techniques

1.3 Form of crediting the subject (ongoing) (exam, pass with a grade, pass without a grade)

Lectures – pass without a grade, exam

Tutorials – assessment with a grade

2. Prerequisites

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| KNOWLEDGE OF BASIC ISSUES IN THE FIELD OF PSYCHOLOGY AND PEDAGOGY |

3. goals, learning outcomes, curriculum content and teaching methods used

3.1 OBJECTIVES (O) OF THE COURSE

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| --- | --- |
| O1  | Familiarizing students with the issues of sports psychology |
| O2 | Indicating the possibilities and areas of using psychology in order to obtain an optimal level of functioning and improve sports results. |
| O3 | Familiarizing students with research methods and tools used in sports psychology. |
| O4 | Understanding the basic research problems in sports psychology. |

**3.2 LEARNING EFFECTS FOR THE COURSE**

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| --- | --- | --- |
| EK (LEARNING EFFECT) | COURSE-DEFINED LEARNING EFFECT CONTENT | REFERENCE TO DIRECTIONAL EFFECTS \* |
| EK\_ 01 | The student understands the relationship between the physical sciences and the social and natural sciences to a deep degree and the essence of psychological characteristics in the psychology of sport: dispositional properties, behavioral symptoms, psychological constructs. He Has advanced knowledge of the research methods and research to ols used in sport psychology | K\_W02 |
| EK\_ 02 | The student knows the principles of formulation and solving the main research problems related to the psychological aspects of sport. He knowi the ways of psychological diagnostics in professional sport. | K\_W09 |
| EK\_ 03 | The student knows the practical methods used in the work of a sport psychologist and the mechanism of the influence of social means on human personality in the process of education and physical education. | K\_W11 |
| EK\_ 04 | The student can serach, analyze, critically evaluate and use information in the science of physical culture, including sport psychology. He applied the principles of formulation and solving main research Roblem related to the sychological aspects of sport. | K\_U01 |
| EK\_ 05 | The student is prepared for a critical assessment of knowledge and received kontent, as well as creative thinking and action in the scientific, research, educational and training process n the area of sport psychology. He can use practical methods used in the work of a sport psychologist. He can impast social means on personality in the process of education and physical education. | K\_K01 |
| EK\_06 | The student updates his theoretical knowledge and improves his own practical skills in the area of sports psychology. | K\_K02 |

 **\* *i****n the case of the educational path leading to a teaching qualification, the learning outcomes from the standards of education preparing for the teaching profession should also be taken into account.*

**3.3 PROGRAM CONTENT**

A. Lecture topics

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| **Content** |
| **Year 1 semester I** |
| The place of sport psychology among other fields of applied psychology. |
| The essence of psychological features in the psychology of sport: dispositional properties, behavioral manifestations, psychological constructs. |
| Methodology and research procedure in sports psychology. |

A. Issues of auditorium, seminar, laboratory, and practical classes

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| **Content** |
| **Year 1 semester I** |
| Research methods used in sports psychology. |
| Research tools used in sports psychology. |
| Solving the main research problems related to the psychological aspects of sport. |
| Methods of psychological diagnosis in competitive sport. |
| Practical methods used in the work of a sports psychologist. |
| Mechanisms of social media impact on personality in the process of education and physical education. |

3.4 Teaching methods

Classes:

Practical methods: course classes, project

Feeding methods: informative lecture, instruction classes

Exposing methods: showcase

Problem methods: activating methods

4. ASSESSMENT METHODS AND CRITERIA

4.1 METHODS OF VERIFICATION OF LEARNING OUTCOMES

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| --- | --- | --- |
| LEARNING EFFECT SYMBOL(EK) | METHODS OF LEARNING RESULTS ASSESSMENT(E.G.: TEST, ORAL EXAMINATION, WRITTEN EXAMINATION, PROJECT, REPORT, OBSERVATION DURING CLASSES) | FORM OF TEACHING(LECTURE, CLASSES, …) |
| EK\_ 01 | Test, research project, exam | Lecture, classes |
| EK\_ 02 | Test, research project, exam | Lecture, classes |
| EK\_ 03 | Test, research project, exam | Lecture, classes |
| EK\_ 04 | Test, research project, exam | Lecture, classes |
| EK\_ 05 | Observation during classes | Classes |
| EK\_ 06 | Observation during classes | Classes |

4.2 CONDITIONS FOR PASSING THE COURSE (ASSESSMENT CRITERIA)

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| **CONDITIONS FOR PASSING THE SEMESTER**auditorium exercises - pass with a grade**:****KNOWLEDGE:**the condition for passing the course is to obtain at least 51% of the theoretical knowledge test;pass with a grade on the basis of test51%- 60% satisfactory61%-70%- satisfactory plus71%-80%- good81%-90%- good plus 91%-100%-very good**ABILITIES:**Substantive evaluation of the project prepared by students, active participation in the discussion75% of the assessment are the skills and competences resulting from the prepared project - the topic selected by the teacher and its presentation25% - grade resulting from activity in class (direct observation of the student during the presentation of projects, participation in discussions)**SOCIAL COMPETENCES:**To a very good degree -To a good degree -To a satisfactory degree-* Accepts the received grade for the level of his knowledge and practical skills
* He strives to improve his knowledge and practical skills
* Always tries to achieve the highest grades in theoretical and practical tests
* Uses literature and classic studies in the scope of taught content, performs practical tasks at a basic level
* Searches for knowledge in the latest studies and publications in Polish, masters practical tasks at a good level
* Updates his knowledge on the basis of English-language literature, performs practical tasks to a very good degree

**lecture - pass without grade:**test of knowledge from lectures - min 51%**exam - written exam:**Passing the exercises is a prerequisite for admission to the exam. The exam is written and consists of a theoretical part.Converter for the appropriate percentage of points obtained:- up to 50% - unsatisfactory,- 51% - 60% - satisfactory,- 61% - 70% - satisfactory plus,- 71% - 80% - good,- 81% - 90% - good plus,- 91% - 100% - very good |

5. TOTAL STUDENT WORK NEEDED TO ACHIEVE THE TARGET OUTCOMES IN HOURS AND ECTS POINTS

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| --- | --- |
| **Form of activity** | **The average number of hours to complete the activity** |
| Contact hours resulting from the schedule of studies | 20 h |
| Others with the participation of an academic teacher(participation in consulting hours, exam) | 15 h(participation in consulting hours) |
| Non-contact hours - student's own work(preparation for classes, exam, writing a paper, etc.) | 15 h (preparation for classes 5 hourspreparation for passing 35 hours) |
| TOTAL NUMBER OF HOURS | 50 |
| **TOTAL NUMBER OF ECTS CREDITS** | 2 |

*\** IT SHOULD BE TAKEN INTO ACCOUNT THAT 1 ECTS CREDIT EQUALS 25-30 HOURS OF TOTAL STUDENT WORK.

6. **TEACHING PRACTICE WITHIN THE COURSE**

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| --- | --- |
| NUMBER OF HOURS | None |
| PRINCIPLES AND FORMS OF TEACHING PRACTICE | None |

7. LITERATURE

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| OBLIGATORY LITERATURE:1. Karageorghis, C., Terry, P. (2014). Psychologia dla sportowców. Wyd. Inne Spacery. 2. Behnke, M., Chlebosz, K. (2017). Trening mentalny, psychologia sportu w praktyce. Wyd. Inne Spacery. 3. Gracz, J., Sankowski, T. (2000). Psychologia Sportu. AWF Poznań. 4. Jarvis, M. (2007). Psychologia sportu. GWP Gdańsk. 5.Gracz, J., Sankowski, T. (2007). Psychologia aktywności sportowej. Wyd. Akademii Wychowania Fizycznego w Poznaniu.6. Morris, T., Summers, J. (1998). Psychologia sportu. Strategie i techniki. COS.7. Krawczyński, M., Nowicki, D. (2004). Psychologia sportu w treningu dzieci o młodzieży, Warszawa, 2004, COS8. Łuszczyńska, A. (2011). Psychologia sportu i aktywności fizycznej. PWN.9. Blecharz, J., Siekańska, M. (2009). Praktyczna psychologia sportu. Wykorzystanie koncepcji psychologicznych w sporcie. Wydawnictwo AWF. |
| Supplementary Literature: 1.Siekańska, M. (2013). Talent sportowy - psychologiczne i środowiskowe uwarunkowania rozwoju uzdolnionych zawodników. Wydawnictwo AWF.2. Basiaga Pasternak J. (2007). Psychologiczne uwarunkowania radzenia sobie ze stresem w sporcie, 2007, Kraków, AWF3. Blecharz, J., Sportowiec w sytuacji urazu fizycznego, (2008), Kraków, Wydawnictwo AWF4. Taylor, J., Wilson, G. (2005). Applying Sport Psychology. Four Perspective. Champaign, IL: Human Kinetics.5. Weinberg, R. S., Gould, D. (2019). Foundations of Sport and Exercise Psychology 7th Edition. Human Kinetics Publishers.  |

APPROVAL OF THE MANAGER OF THE UNIT OR AN AUTHORIZED PERSON