

TITLES	EXPLANATIONS
Title of Course	Sports Psychology
Code of Course	PSK 402
Type of Course	Elective
Level of Course	Undergraduate
Year of Study	4
Semester/Trimester	7 or 8
Number of ECTS	4
Name of Lecturer(s)	STAFF
Course Learning Outcomes	<p>At the end of this course students are expected to;</p> <p>LO1. Combine psychological theories to apply to the sport issues.</p> <p>LO2. Apply psychological concepts and research findings to enhance the performance of athletes.</p> <p>LO3. Prepare psychological training programs for athletes in order to enhance performance.</p> <p>LO4. Design and apply creative techniques to overcome different sport related problems.</p> <p>LO5. Plan necessary steps to conduct sport related research.</p>
Mode of Delivery	The style of teaching is face-to-face interaction.
Prerequisites and Co-requisites	There is no prerequisite or co-requisite for this course.
Recommended Optional Programme Component	None
Course Contents	<ol style="list-style-type: none"> 1. Understanding Sport Psychology 2. Foundations and Theories of Sport Psychology 3. Personality as a Characteristic of the Athlete 4. Self Confidence and Intrinsic Motivation 5. Goal Perspective Theory 6. Attention and Concentration in Sport and Exercise 7. Anxiety, Stress, and Mood Relationships 8. Cognitive and Behavioral Interventions 9. Imagery and Related Techniques in Sport 10. Psychological Skills and Training 11. Team Cohesion in Sport 12. Leadership and Communication in Sport 13. Drug Abuse in Sport and Exercise 14. Aggression and Violence in Sport
Recommended or Required Reading	<p>(Primary Textbook)</p> <p>Cox, R. (2011). <i>Sport psychology: Concepts and applications</i>. Boston: McGraw-Hill.</p> <p>* The primary textbooks for this course is renewed every year.</p>
Planned Learning Activities and Teaching Methods	This course is conducted through discussions on the material presented in class and over the compulsory reading material. With this aim in mind, (a) regular lectures supported by visual presentations and (b) class discussions are used. These class discussions are designed in such a way to help students develop critical and creative thinking skills.
Assessment Methods and Criteria	1 Midterm, 1 Final Exam
Language of Instruction	Turkish
Practicum	None

Program Outcomes	LO1	LO2	LO3	LO4	LO5
Analyze problems with the scientific method and appropriate scientific tools.					
Think critically and creatively, ask questions, make comments using the knowledge and skills they have acquired.	X			X	
Develop a positive attitude toward life-long education.				X	
Use the library, scientific databases, internet and other sources effectively.	X				
Have the skills to find out, analyze, evaluate, decide about, and apply the alternative solutions to problems.	X				
Be open-minded to use knowledge stemming from different disciplines and/or areas of psychology.	X				
Develop a positive attitude toward critical thinking.					
Have advanced theoretical and applied knowledge of psychology supported by contemporary course material.	X	X			
Have the necessary knowledge and skills to analyze and synthesize the main areas of psychology.	X	X			
Be competent in English and Turkish.					X
Use effective methods to present, share and discuss scientific information.					
Be able to write scientific papers by using international manuals such as APA.					
Show courage and use the necessary skills to propose solutions to the problems of the world they live in.		X	X	X	
Show courage and have necessary skills to propose solutions to the problems of their own life.		X	X	X	
Have a positive attitude to statistics and be able to use common statistical software packages.					
Be able to plan and conduct research independently.					X
Apply qualitative and/or quantitative methods depending on the nature and the scope of a given problem.					X
Know the research methods and statistical procedures used in behavioral sciences.					X
Use tools such as questionnaires, inventories, scales, and tests.					
Apply psychological knowledge to other problem areas for community welfare.			X		
Use theoretical and applied knowledge in accordance with ethical standards.			X	X	