



Detailed Course Syllabus

Academic Year	2023. / 2024	Semester	Winter
Study Program	Graduate university study	Specialization / Major in	For Student Incoming Mobility
		Year of Study	1-2

I. BASIC COURSE INFORMATION

Name	Psychology of Sport and Exercise		
Abbreviation	IZBEPSIH9	Code	251857
Status	Elective	ECTS	4
Prerequisites	None		
<i>Total Course Workload</i>			
Teaching Mode	Total Hours	Teaching Mode	Total Hours
Lectures	15	Seminars	15
Exercises	15		
Class Time and Place			

II. TEACHING STAFF

Course Holder

Name and Surname	Dragan Glavaš		
Academic Degree	PhD	Professional Title	Assistant professor
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Office Hours			

Course Collaborator

Name and Surname			
Academic Degree		Professional Title	
Contact E-mail		Telephone	
Office Hours			

Course Collaborator

Name and Surname			
Academic Degree		Professional Title	
Contact E-mail		Telephone	
Office Hours			

III. DETAILED COURSE INFORMATION

Teaching Language English

Course Description **The aim of the course:** Understanding of theories and practices within sport and exercise psychology, including methodological and practical specificities in the field. Acquiring skills for planning and implementing research and psychological interventions in sports and within the framework of various physical exercise programs for groups and individuals.

Course content Habits, exercise, and mental health. Physical activity and neurobiological and cognitive processes. Mental toughness. Motivation and goal setting in sports. Emotions in sport. Group cohesion, determinants of effective group relations and group communication. Leadership in sports. Deliberate practice, skill acquisition and expertise in sports. Attention and concentration in sports. Psychological techniques and tools for individual and group performance.

Expected Educational Outcomes Analyze the relationship between different forms of physical activity and mental health. Identify the causes and consequences of the experience and behaviour of athletes in the training and competition process. Determine the cognitive processes in the tasks and demands of different sports. Evaluate the effects of various training, environmental factors and individual differences on the sports development, performance, and psychological well-being of athletes. Independently choose appropriate psychological techniques to optimize the preparation, perception, and performance of athletes. Assess the responsibility of the psychologist's role in individual and group work in sports and exercise.

Textbooks and Materials

Required Moran, A. P. (2012). *Sport and exercise psychology: A critical introduction*. London: Routledge.

Tenenbaum, G., & Eklund, R. C. (Eds.). (2007). *Handbook of sport psychology*. Hoboken, NJ, USA: John Wiley & Sons.

Brewer, B. W. (Ed.). (2009). *Handbook of sports medicine and science, sport psychology*. Chichester, UK: John Wiley & Sons.

Karageorghis, C., & Terry, P. (2011). *Inside sport psychology*. Champaign, IL: Human Kinetics.

Supplementary Raab, M., Wylleman, P., Seiler, R., Elbe, A. M., & Hatzigeorgiadis, A. (Eds.). (2016). *Sport and exercise psychology research: from theory to practice*. London: Academic Press.

Schüler, J., Wegner, M., Plessner, H., & Eklund, R. C. (Eds.). (2023). *Sport and Exercise Psychology. Theory and application*. Cham, Switzerland: Springer

Examination and Grading

To Be Passed	Yes	Exclusively Continuous Assessment	No	Included in Average Grade	Yes
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Prerequisites to Obtain Signature and Take Final Exam Regular class attendance (attendance at least 70% of classes)
Achieving a minimum of 35% points (out of 100 points) during classes

Teaching activities: Continuous evaluation of student work through teaching activities

Examination Manner **Final exam:** Final oral exam (minimum for passing the oral exam is 50% of correct solutions)

Grading Manner sufficient (2)
good (3)
very good (4)

excellent (5)

Detailed
Overview of
Grading within
ECTS

ACTIVITY TYPE	ECTS Student Workload Coefficient	GRADE PERCENTAGE (%)
Class attendance	1.2	0
Project	1.4	50
Individual work	0.6	20
Total in Class	3.2	70
Final exam	0.8	30
TOTAL ECTS (Classes + Final Exam)	4	100

Midterm Exam

Dates

Final Exam

Dates

IV. WEEKLY CLASS SCHEDULE

Lectures

Week	Topic
1.	Habits - exercise as a core habit
2.	Exercise and mental health
3.	Exercise and brain
4.	Mental toughness: the discipline of thought and action
5.	Mindful athlete: awareness
6.	Fearful athlete
7.	Sport expertise - what lies beneath the surface
8.	Group cohesion of sports teams
9.	Leadership in sport
10.	Emotions in sport - training and competition
11.	Concentration and control of attention in sport
12.	Self-confidence in sport
13.	Motivation in sport
14.	Psychological tools and techniques for individual performance

15.	Challenges of professional sport
Seminars	
Week	Topic
1.	From habits to the identity of an active (recreational) athlete
2.	Forms of exercises as the origins of psychological well-being - mechanisms
3.	Exercise and neurotransmission
4.	The power of attitude
5.	Do we practice as we practice?
6.	How to go outside our comfort zone?
7.	Deliberate practice - the pathway to expertise
8.	Effective teamwork
9.	"The face of the coach as a reflection of team health"
10.	Quick success - where do we stumble?
11.	How to stay focused?
12.	Sources and effects of self-confidence
13.	Goals: the path to habits and lifestyle
14.	Visualization and self-talk in sports performance
15.	What after the end of a sports career?
Exercises	
Week	Topic
1.	Contemporary forms of recreational physical activities - a psychological perspective
2.	"A healthy mind in a healthy body" - challenges and pitfalls
3.	Exercise and Brain-derived neurotrophic factor
4.	Theoretical models of mental toughness and practical interventions
5.	How to maximize training - specific physical and mental skills
6.	Training strategies - help in dealing with obstacles
7.	An effective training plan: the athlete's involvement
8.	Group processes, training, and performance - the role of the team leader
9.	Team leadership development programs and interventions
10.	Fear and comfort zone
11.	Inefficient concentration - what happens when we lose focus?
12.	Do we train confidence and how do we do it?
13.	SMART and SMARTER goals - efficiency and challenges
14.	Forms of relaxation and focused awareness (mindfulness)
15.	Career after career - strategies for preparing athletes for the end of their career