

Subject	Sport Psychology		
Type	Type	Semester	ECTS
	MANDATORY (M)	III	4
Lecturer	Dr.Sc. Emrush Thaci		
Aims and Objectives	<ul style="list-style-type: none"> - What makes Sport Psychology stand out is the way this subject sees its development in relation to general social developments, trying to overcome the psychological side, as well as the effect of its application when it comes into contact with the individual. - The subject "Sports Psychology" aims to provide students of the Faculty of Sports Sciences with learning content that deals with basic issues related to sports, their essence and cognitive importance in the field of sports. - This course offers a different approach to clarifying and analyzing the psychology of sport as an inseparable segment of social reality. So sport is treated within the framework of internal social interaction. - Topics related to the psychological definition of variety are also analyzed, including the key issues of creation, and changes in social consciousness. 		
Learning Outcomes	<p>On completion of this module, students should be able to:</p> <ul style="list-style-type: none"> ✓ To understand and summarize the knowledge obtained in the fields of "Sports Psychology" and to be able to evaluate the knowledge obtained from the Lecture; ✓ To communicate in writing and orally in an appropriate and analytical manner that will enable the resolution of issues related to other issues arising from different areas of the psychological aspect; ✓ Application of critical thinking in understanding sports psychology; ✓ Realization of research projects, exercises that include analysis and interpretation in the field of sports psychology; ✓ Demonstration of an innovative individual approach to sports phenomena; ✓ Ability to think critically in relation to psychology, in order to improve and harmonize with sports requirements and needs. 		
Content	Week	Topics	
	1	Presentation of the content and main focus of the course	
	2	What is sport psychology and its history?	
	3	Personality characteristics and sports behaviors	
	4	Personality development and sport	
	5	Attitudes towards sports	
	6	Gift-talent and genius	
	7	Midterm exam 1	
	8	Psychomotor skills	
	9	Dynamics of personality	
	10	Motives and motivation	
	11	Types of motivation in sports	
	12	The athlete's personality during the competitive phase	
	13	. Personality of the coach	
	14	Stress in sports	
15	Mid-term exam – 2		
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	50%	
	Lab	20%	
	Research	10%	
	Independent learning	20%	
Assessment Methods	Methods of assessment:		
	Participation	10%	
	a) Mid-term exam -1	40%	
	b) Mid-term exam - 2	40%	

	Lab		10%
Resources	Resources		Number
	Lectures		1
	Presentations		1
	Web of Science		1
	PubMed		1
	Scopus		1
ECTS Workload	Activity	Weekly hours	Workload
	Lecturers	2	24
	Seminars	1	12
	Individual work	n/a	44
	Exam preparation	n/a	20
Literature	<ul style="list-style-type: none"> Javris, M. (2006). Sport Psychology. A student handbook. Weinberg, R. S., & Gould, D. S. (2011). Foundations of sport and exercise psychology. Human Kinetics. 		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures under UBT College's academic integrity policies.</p>		
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