

<b>Subject</b>	Sport psychology and pedagogy		
<b>Type</b>	<b>Type</b>	<b>Semester</b>	<b>ECTS</b>
	MANDATORY (M)	V	4
<b>Lecturer</b>	Dr.Sc. Denis Celcima		
<b>Aims and Objectives</b>	<p>This course is designed to allow students to:</p> <ul style="list-style-type: none"> <li>- improve coaching and teaching techniques,</li> <li>- investigate the psychological components of sports and pedagogical principles.</li> </ul> <p>-Will explore effective pedagogical strategies for coaching and teaching sports, as well as the cognitive, emotional, and social factors that influence athletic performance.</p>		
<b>Learning Outcomes</b>	<p>On completion of this module, students should be able to:</p> <ul style="list-style-type: none"> <li>✓ Recognize the psychological aspects that affect how well an athlete performs.</li> <li>✓ Utilize psychological concepts to improve the efficacy of coaching and instruction.</li> <li>✓ Examine and use instructional techniques to accommodate a range of learning preferences.</li> <li>✓ Examine how mental toughness, goal-setting, and motivation play a part in sports.</li> <li>✓ Gain proficiency in leadership and effective communication in a coaching or teaching environment.</li> </ul>		
<b>Content</b>	<b>Week</b>	<b>Topics</b>	
	1	Presentation of the content and main focus of the course	
	2	Introduction of Sport Psychology and Pedagogy	
	3	Cognitive Factors in Sport Performance	
	4	Emotional and social factors in Sports	
	5	Leadership and Communication in Sport	
	6	Goal setting and self-talk	
	7	Midterm exam	
	8	Intrinsic and extrinsic motivation in sport	
	9	Sport pedagogy	
	10	Principles of teaching and coaching	
	11	Planning and organizing effective practice	
	12	Case studies and practical application	
	13	Integrating psychological principles into coaching and teaching	
	14	Ethical consideration in sports psychology	
15	<b>Mid-term exam – 2</b>		
<b>Teaching/Learning Methods</b>	Activity	Weight (%)	
	Lectures	50%	
	Lab	20%	
	Research	10%	
	Independent learning	20%	
<b>Assessment Methods</b>	<b>Methods of assessment:</b>	%	
	Participation	10%	
	a) Mid-term exam -1	40%	
	b) Mid-term exam - 2	40%	
	Lab	10%	
<b>Resources</b>	<b>Resources</b>	<b>Number</b>	
	Lectures	1	
	Presentations	1	
	Web of Science	1	
	PubMed	1	
	Scopus	1	
<b>ECTS Workload</b>	<b>Activity</b>	<b>Weekly hours</b>	<b>Workload</b>
	Lecturers	2	24
	Lab	1	12
	Seminars	n/a	24

	Individual work	n/a	40
	Total		
<b>Literature</b>	<ul style="list-style-type: none"> <li>• Britton W. Brewer PhD. (2009). Handbook of Sport Medicine and Science .</li> <li>• Dan Gordon. (2009). Coaching Science .</li> <li>• <a href="https://idrottsforum.org/psychology-of-sport-and-exercise-vol-38-september-2018/">https://idrottsforum.org/psychology-of-sport-and-exercise-vol-38-september-2018/</a></li> </ul>		
<b>Ethical standards</b>	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any 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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