

<b>Subject</b>	Sport and Social Psychology		
<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> <p>Explore strategies coaches can use to foster motivation in athletes.  Understand the role of team cohesion and group identity in sports.  Learn about resilience and mental preparation for competition.  Understand the risks associated with over-identification with an athletic role.</p>		
<b>Learning Outcomes</b>	<p>On completion of this module, students should be able to:</p> <ul style="list-style-type: none"> <li>✓ Identify principles of sports sociology and psychology in sporting events, athletes, and various personalities.</li> <li>✓ Discuss the focus and scope of sport and social psychology within the sports science context.</li> <li>✓ Define key social psychology constructs relating to social cognition and group behavior.</li> <li>✓ Identify the key findings from classic social psychological studies on the relationship between psychological functioning and social context.</li> <li>✓ Explain the rationale for various methods used to conduct research in sport and social psychology.</li> <li>✓ Assess the potential consequences of a strong identity attachment to a sport.</li> <li>✓ Describe the psychological factors contributing to aggression in sports.</li> </ul>		
<b>Content</b>	<b>Week</b>	<b>Topics</b>	
	1	Presentation of the content and main focus of the course	
	2	The Role of Motivation in Athletic Performance	
	3	Group Dynamics in Team Sports	
	4	Methods and techniques of research	
	5	Sports and Self-Identity	
	6	Aggression in Sports	
	7	Midterm exam	
	8	Sports as a Tool for Social Change	
	9	Burnout and Mental Health in Elite Athletes	
	10	Youth Sports and Self-Esteem Development	
	11	Parental involvement and the balance between encouragement and pressure.	
	12	Coping strategies.The Psychology of winning and losing	
	13	Psychological factors that drive team loyalty, and rivalry, behavior at games	
	14	Presentations and discussions	
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
	Seminars	1	12
	Individual work	n/a	64
<b>Literature</b>	<ul style="list-style-type: none"> <li>Weinberg, R. S., &amp; Gould, D. S. (2011). Foundations of sport and exercise psychology. Human Kinetics</li> <li>HOGG, Michael A., and Vaughan, Graham M. (2011). Social psychology. 6th edition Prentice Hall.</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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