

Subject	Sport and Play for Mental Health and Wellness		
Type	Type	Semester	ECTS
	ELECTIVE (E)	1	3
Lecturer	Dr. Avdi Pireva		
Aims and Objectives	<ul style="list-style-type: none"> To understand the psychological and physiological benefits of sport and play for mental health. 2. To analyze the role of physical activity in managing mental health conditions such as anxiety, depression, and stress. 3. To explore the cultural, social, and individual factors influencing participation in sport and play for mental wellness. 4. To equip students with practical tools and strategies to incorporate sport and play into mental health programs. 5. To evaluate evidence-based interventions and practices related to sport and mental health. 		
Learning Outcomes	<p>Upon successful completion of this course, the student should:</p> <ul style="list-style-type: none"> Identify and describe the psychological and physiological mechanisms through which sport and play influence mental health. Explain key concepts such as flow, resilience, and social support in the context of sport and play. Design sport and play-based interventions to address specific mental health challenges. Assess the impact of various types of physical activity on mental wellness using evidence-based approaches. Critically evaluate research studies on sport and mental health. Analyze barriers to participation in sport and recreational activities and propose strategies to overcome them. Develop a wellness plan incorporating sport and play for individuals or groups. 		
Content	Week	Topics	
	Syllabus presentation		
	1	Introduction to sport psychology and mental health.	
	2	Theories of play and its role in psychological development.	
	3	Stress reduction and emotional regulation.	
	4	The role of neurotransmitters and endorphins.	
	5	Team sports, social bonding, and mental health.	
	6	Addressing isolation and loneliness through recreational activities.	
	Mid-term exam – 1		
	7	Designing sport-based mental health programs.	
	8	Adapting activities for specific populations (e.g., youth, elderly, trauma survivors).	
	9	Cultural and socioeconomic factors.	
	10	Promoting inclusivity and accessibility in recreational programming.	
	11	Assessing the impact of interventions.	
12	Innovations and future trends in sport and mental health.		
Mid-term exam – 2			
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	40	
	Lab	40	
	Research	10	

	Independent learning	10	
Assessment Methods	Methods of assessment:	Weight (%)	
	Participation	10	
	a) Mid-term exam -1	20	
	b) Mid-term exam – 2	20	
	Lab	20	
	Individual and group work	30	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	1	12
	Lab	1	12
	Independent learning	n/a	36
	Examination preparation	n/a	15
Literature	<ol style="list-style-type: none"> 1. Bailey, R., & Armour, K. (2017). *The Role of Sport in Mental Well-Being*. Oxford University Press. 2. Carr, S. (2020). *Play for Life: Play, Sport, and Psychological Growth*. Routledge. 3. Eime, R. M., & Harvey, J. T. (2018). *Sport Participation and Mental Health Benefits: A Meta-Analysis*. Springer. Ethics in Sport" by William J. Morgan. 		
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 in accordance with UBT College's academic integrity policies.</p>		
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