

Subject	Sport and Play in Growth and Development		
Type	Type	Semester	ECTS
	ELECTIVE (E)	1	3
Lecturer	Dr. Abedin Bahtiri		
Aims and Objectives	<ol style="list-style-type: none"> 1. To understand the developmental benefits of sport and play across the lifespan. 2. To analyze the role of physical activity and play in fostering physical, emotional, and social growth. 3. To examine the impact of structured and unstructured play on cognitive development and problem-solving skills. 4. To equip students with strategies to design sport and play programs tailored to developmental needs. 5. To evaluate the cultural and social dimensions of sport and play in growth and development. 		
Learning Outcomes	<p>Upon successful completion of this course, the student should:</p> <ul style="list-style-type: none"> • Describe the stages of growth and development influenced by sport and play. • Explain the physiological, cognitive, and emotional benefits of engaging in recreational activities. • Design age-appropriate sport and play programs to support development. • Utilize assessment tools to evaluate developmental progress through sport and play. • Critically analyze research on the role of play in childhood and adolescence. • Develop activity plans that incorporate sport and play for specific developmental goals. • Adapt recreational activities to accommodate diverse populations and developmental stages. 		
Content	Week	Topics	
	Syllabus presentation		
	1	Key concepts and theories of growth and development.	
	2	Historical and cultural perspectives on play.	
	3	The role of physical activity in motor skill development.	
	4	Promoting fitness and preventing sedentary behavior in youth.	
	5	Play and problem-solving skills.	
	6	Emotional regulation and resilience through sport and play.	
	Mid-term exam – 1		
	7	Team dynamics and social bonding.	
	8	Play as a tool for building communication and leadership skills.	
	9	Adapting activities for different age groups (e.g., early childhood, adolescence, and older adults).	
	10	Lifelong benefits of recreational engagement.	
	11	Developing and evaluating sport and play programs.	
12	Emerging trends and innovations in sport and developmental psychology		
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. Frost, J. L., Wortham, S. C., & Reifel, S. (2018). *Play and Child Development*. Pearson. 2. Côté, J., & Gilbert, W. (2020). *Sport and Youth Development: Bridging Theory and Practice*. Routledge. 3. Pellegrini, A. D., & Smith, P. K. (2019). *The Nature of Play: Great Apes and Humans*. Guilford Press. 		
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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