|  |
| --- |
|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Sport and Physical Education** |
| **GENERAL INFORMATION** |
| Study program  | **Specialist Professional Studies, Sport** |
| Study Module (if applicable) |  |
| Course title | Psychology of sport 1 |
| Level of study | ☒Specialist professional ☐ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory ☒ Elective |
| Semester  | ☐ Autumn ☒Spring |
| Year of study  | First |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | Aleksandar Milojević, Ph.D, full professor; Petar Mitić, Ph.D |
| Teaching mode | ☒Lectures ☒Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning ☒ Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| *Each student successfully acquiring the course contents will be able to use basic research methods in psychology of sport. Students will be able to apply basic mechanisms of successful motor learning, to understand mechanisms and problems of young persons personality development. Students will become competent to guide and select young athletes and to monitor their psychological preparation.* |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| **Theory: Subject, goals and tasks of the psychology of sport, History of the psychology of sport. Motor skills, motor learning. Personality and sport - definitions of personality, Allport, Cattell, Eysenck theories. Basic categories of the psychological dispositions - temperament and abilities, Motivation and sport. Personality traits significant for sports success. Relations of cognitive, conative and motor abilities in sport, Psychological preparation of athletes, Stress in sport, Concept and characteristcs of the sports team. Practicals: Extrinsic and intrinsic motivation for sport, Motive of sports achievement, Psychology of sports team and its dynamics, Leadership in sport, Psychological effects of doping in sport, Development of one’s own training philosophy, Psychological basis of young athletes’ training, Psychophysical features and abilities of developing children, Teaching styles and learning styles, Communication in sports areas, Positive approach to training process.** |
| **LANGUAGE OF INSTRUCTION** |
| ☒Serbian (complete course) ☒ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Theory** | **5** | **Oral examination** | **40** |
| **Practicals** | **5** |  |  |
| **Colloquium1** | **20** |  |  |
| **Seminar paper** | **20** |  |  |
| **Interactive teaching** | **10** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |