

**Faculty of Physical Education and Tourism**

Course Unit					Psychology		
Bachelor in Physical Education					Code: I/K/40		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
1	1,2	annual	150	Lectures	30	6	1. Polish 2. Polish with additional English support for foreign students
				Problem solving	60		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
Before the course unit the learner is expected to be able to: No entry requirements							
Learning outcomes and competences							
At the end of the course unit the learner is expected to:  1. Know and understand the basic concepts of general, developmental, social, educational, clinical and sport psychology. 2. Understand and analyze psychosocial processes essential for the prevention and maintaining health. 3. Understands the importance of motivation and aspirations in undertaking physical activity and its continuation throughout life; know the psychological mechanisms of success in physical activity. 4. Be able to observe development processes, observe social behaviors and their determinants, communicate effectively and consciously, communicate in a conflict situation, deal with stress and use strategies for coping with difficulties, plan activities for professional development on the basis of conscious self-reflection and feedback from other people.							
Course contents (lectures):							
1. Psychology and sport. Applying psychological knowledge in physical education and sports activity. The role of sports activity in shaping the lifestyle. 2. Psychology of human development: factors of human development: endogenous and exogenous. Analysis of models of human development conditions. Selected theories of mental development. 3. Emotional disorders of children and adolescents. Behavior disorders. Shyness and hyperactivity, special giftedness, dysfunctions in adolescence, depressed mood, depression 4. Basic problems of educational psychology. Classification and methods of counteracting educational mistakes. 5. Learning models, learning disabilities, their causes and strategies to overcome them. 6. Methods and techniques of identifying and supporting the development of talents and interests, barriers and difficulties in the process of communication, techniques and methods of improving communication with the student and between students. 7. Own resources in teacher's work - identification and development, individual coping strategies, stress and professional burnout.							

### **Course contents (problem solving):**

1. The main function of mind; functional disturbances as a result of integration disruption
2. Cognitive processes: attention, memory, thinking and problem solving in sports activities
3. Learning - classical and instrumental conditioning, cognitive learning, social learning
4. Emotions - correlates of the emotional process, classical and cognitive models of emotions; expression of basic and complex emotions
5. Motivations - nature and properties; physiological, clinical and cognitive approach to motivation
6. The concept of norm in psychology; biological and environmental determinants of disorders
7. Stress and adjustment disorders
8. Anxiety and mood disorders; suicide
9. Eating disorders and somatoform disorders
10. Personality disorders and disorders related to psychoactive substances
11. Stereotypes - functions; cognitive, affective and socio-cultural determinants of stereotyping; the network of the stereotype and its operation; minimizing the effects of stereotypes; stereotypes and prejudices
12. Pro-social and anti-social behavior
13. Group phenomena - components defining the group - interactions, goals, norms, structure, management, cohesion
14. Interpersonal communication, verbal and non-verbal communication; communication barriers

### **Teaching and learning methods:**

Knowledge assimilation method, lecturing method, discussion

Methods based on students' practical activities of direct and indirect nature.

### **Assessment methods:**

1. Continuous evaluation
  - Practical Work
  - Intermediate Written Test
2. Evaluation by an exam:
  - Final Written Exam

### **Recommended reading**

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| 1. | Jowette, S., & Lavallee, D. (Eds.). (2007). <i>Social Psychology in Sport. Human Kinetics.</i>           |
| 2. | Krawczyński M. (2012): <i>Psychologia sportu dzieci i młodzieży</i> . Gdańsk: Pomorska Federacja Sportu. |
| 3. | Perry J., (2015) <i>Sport Psychology</i> , Hodder And Stoughton  |
| 4. | Trempała J. (2011): <i>Psychologia rozwoju człowieka</i> . Warszawa: PWN                                 |
| 5. | Zimbardo P. (2006): <i>Psychologia i życie</i> . Warszawa: PWN.  |

**Authorisation – course coordinator and course teachers (signatures):**