

## Sports Psychology and Coaching (D012066)

Course size (nominal values; actual values may depend on programme)

Credits 4.0 Study time 120 h Contact hrs 37.5 h

Course offerings and teaching methods in academic year 2018-2019

A (semester 1)	Dutch	PDE tutorial	27.5 h
		practicum	10.0 h

Lecturers in academic year 2018-2019

Jannes, Caroline	PP05	staff member
Crombez, Geert	PP05	lecturer-in-charge

Offered in the following programmes in 2018-2019

	crdts	offering
<a href="#">Master of Science in Physical Education and Movement Sciences (main subject Physical Activity, Fitness and Health)</a>	4	A
<a href="#">Master of Science in Physical Education and Movement Sciences (main subject Physical Education Teacher Education)</a>	4	A
<a href="#">Master of Science in Physical Education and Movement Sciences (main subject Sports Training and Coaching)</a>	4	A
<a href="#">Exchange Programme Physical Education and Movement Sciences</a>	4	A

Teaching languages

Dutch

Keywords

Sportpsychology, coaching, psychological coaching of athletes

Position of the course

This course is situated within the track of cognitive competences related to movement and sports, in particular within subtrack of the socio-cultural and psychosocial skills. Students have insight into the major principles of psychology which are relevant for the competition sports & coaching. They can use these techniques to enhance the performance of their athletes and to coach athletes.

This subject contributes to the fields of competences of the course Master of Physical Education and Movement Sciences: M1.1, M1.5, M2.1, M4.1, M4.2, M4.11.3, M5.1, M5.3, M5.4, M5.5

Contents

There is a thematic approach with the following topics

- arousal, anxiety and stress
- relaxation
- anxiety management and anger management
- cognitive techniques
- mental training
- effective communication for coaches
- sportinjuries
- measurement instruments in sport psychology

Initial competences

"Sport Psychology and coaching" builds upon certain final competencies of "Psychosocial aspects of movement activities" and "coaching and communication principles".

Final competences

- 1 Describe and illustrate theories, models and techniques in sportpsychology and coaching

- 2 Analyse and specify psychological techniques that coaches use to improve the performance in sport competition
- 3 Apply psychological techniques upon specific cases, and develop a relevant intervention as coach
- 4 Describe, explain and apply the independently to be read course material about sportpsychology as function of the identified learning objectives
- 5 Collaborate in group (discuss, listen, decision making, explain, taking responsibility,...) in order to solve cases and exercises

#### Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

#### Conditions for exam contract

This course unit cannot be taken via an exam contract

#### Teaching methods

PDE tutorial, practicum

#### Learning materials and price

Capita selecta literature, about 25 euro

#### References

- De Cuyper B. (2001-2002). Reeks sportpsychologie
- Weinberg R. & Gould D. (1995) Foundations of sport and exercise Psychology. Human Kinetics, Champaign, IL
- Cox, R.H. (2002). Sport psychology, concepts and applications (5th. ed.) New York: McGraw-Hill

#### Course content-related study coaching

Vakspecifieke begeleiding: Prof. Dr. Geert Crombez (Geert.Crombezj@ugent.be)  
 Traject-coaching: Evelien Van Waes (evelien.vanwaes@UGent.be) tel.: 09/332.53.69  
 (Mo. to Th. on campus UZ, De Pintelaan 185, Gent) or 09/264.62.99 (Fri. on campus Movement- and Sportsciences, Watersportlaan 2, Gent)

#### Evaluation methods

end-of-term evaluation and continuous assessment

#### Examination methods in case of periodic evaluation during the first examination period

Written examination with open questions

#### Examination methods in case of periodic evaluation during the second examination period

Written examination with open questions

#### Examination methods in case of permanent evaluation

Participation

#### Possibilities of retake in case of permanent evaluation

examination during the second examination period is possible in modified form

#### Extra information on the examination methods

- End-of-term evaluation: three questions in which coaching and sportpsychology principles are to be commented upon or applied
- Permanent evaluation: individual contributions during all lessons, reports during problem based teaching)
- Attendance of the lessons is compulsory
- Second chance exam for permanent evaluation: individual presentation of a sport psychology topic

#### Calculation of the examination mark

Permanent evaluation (max. 10 points) based upon individual functioning during the lessons (max 7 points) and reports during problem based teaching (max 3 points)

Periodic evaluation (max 10 points)

Important: if the result on individual functioning during the lessons is less than 3,5 / 7, one can not pass for this course. Automatically the final result for this course will be 9/20.

#### Facilities for Working Students

not applicable

#### Addendum

This course is open for incoming mobility students (Erasmus)