# Course Specifications

Valid as from the academic year 2019-2020

## Sports Psychology and Coaching (D012066)

### Course Specifications

<table>
<thead>
<tr>
<th>Course size</th>
<th>Credits</th>
<th>Study time</th>
<th>Contact hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4.0</td>
<td>120 h</td>
<td>37.5 h</td>
</tr>
</tbody>
</table>

### Course offerings and teaching methods in academic year 2019-2020

<table>
<thead>
<tr>
<th>A (semester 1)</th>
<th>Dutch</th>
<th>Practicum</th>
<th>Lecture: plenary</th>
<th>Exercises</th>
<th>Self-reliant study activities</th>
<th>Seminar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>10.0 h</td>
<td>25.0 h</td>
<td>0.0 h</td>
<td>2.5 h</td>
<td></td>
</tr>
</tbody>
</table>

### Lecturers in academic year 2019-2020

<table>
<thead>
<tr>
<th>Haerens, Leen</th>
<th>GE25</th>
<th>lecturer-in-charge</th>
</tr>
</thead>
</table>

### Offered in the following programmes in 2019-2020

<table>
<thead>
<tr>
<th>Offered in the following programmes</th>
<th>Credits</th>
<th>Offering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Master of Science in Physical Education and Movement Sciences (main subject Physical Activity, Fitness and Health)</td>
<td>4</td>
<td>A</td>
</tr>
<tr>
<td>Master of Science in Physical Education and Movement Sciences (main subject Physical Education Teacher Education)</td>
<td>4</td>
<td>A</td>
</tr>
<tr>
<td>Master of Science in Physical Education and Movement Sciences (main subject Sports Training and Coaching)</td>
<td>4</td>
<td>A</td>
</tr>
<tr>
<td>Exchange Programme Physical Education and Movement Sciences</td>
<td>4</td>
<td>A</td>
</tr>
</tbody>
</table>

### Teaching languages

- Dutch

### Keywords

- Applied sportpsychology, coaching, psychological coaching of athletes

### Position of the course

This course builds on the courses Psychology, Psychosocial Aspects of Movement Activities, General Movement Didactics and Didactical Exercises and Sport Pedagogy.

### Contents

There is a thematic approach with the following topics:

- respiration/breathing - concentration, imaginary-positive rephrasing
- Eating disorders
- Sportinjuries and recovery
- Sport psychological screening
- Career development and coaching
- Group dynamics in sports teams

### Initial competences

"Sport Psychology and coaching" builds upon certain final competencies of Psychology, Psychosocial aspects of movement activities, General Movement Didactics and Didactical Exercises and Sport Pedagogy.

### Final competences

1. Identify and critically discuss 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

### Conditions for credit contract

(Approved)
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
Practicum, seminar, self-reliant study activities, lecture: plenary exercises

Learning materials and price
Syllabus: estimated price = 20 euro

References
• De Cuyper B. (2001-2002). Reeks sportpsychologie

Course content-related study coaching
Course specific coaching: Prof. Dr. Leen Haerens (Leen.Haerens@UGent.be), Dr. Nathalie Aelterman (Nathalie.Aelterman@UGent.be), Caroline Jannes (caroline.jannes@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
Assignment
Possibilities of retake in case of permanent evaluation
examination during the second examination period is possible

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 task. Content and criteria are explained during the lectures and through Ufora.

Calculation of the examination mark
A combination of periodic (60%, written examination) and non periodic assessments (40% written task).
De deadlines of the written task are to be respected. Otherwise a point can be lost.

Facilities for Working Students
not applicable

Addendum
This course is open for incoming mobility students (Erasmus)

(Approved)