Course Specifications
Valid as from the academic year 2019-2020

Sports Psychology and Coaching (D013171)

Course

Lecturers in academic year 2019-2020
Jannes, Caroline PP05 staff member
Haerens, Leen GE30 lecturer-in-charge
Aelterman, Nathalie PP07 co-lecturer

Course offerings and teaching methods in academic year 2019-2020
A (semester 1) Dutch lecture: plenary exercises 10.0 h

Offered in the following programmes in 2019-2020 crdts offering
Master of Science in Teaching in Physical Education 4 A
Master of Science in Movement and Sports Sciences (main subject Sports Training and Coaching) 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

(Approved)
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
Practicum, seminar, lecture: plenary exercises

Learning materials and price
Capita selecta literature, about 25 euro

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

Course content-related study 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 (Maandag tot donderdag, campus UZ, De Pintelaan 185, Gent) or 09/264.62.99 (vrijdag, Campus Sport en Bewegingswetenschappen 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
Drie toepassingsvragen waarin coaching en sportpsychologische principes dienen toegelicht of toegepast te worden.
Niet-periode gebonden evaluatie: Deelname congresdag. Werkstuk. Inhoud en criteria wordt toegelicht tijdens de hoorcolleges en via Ufora

Calculation of the examination mark
Combinatie van periodegebonden (60%; schriftelijk theorie examen) en niet-periodegebonden evaluatie (40%, werkstuk).
De deadlines voor het indienen van het werkstuk dienen gerespecteerd te worden.
Indien niet, kan een punt van het totaal worden afgetrokken.
Ongewettigde afwezigheid bij de themadag kan worden gesanctioneerd door aftrek van een punt van het eindtotaal.

Facilities for Working Students
not applicable

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