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| Study program: Physical Education and Sport | | | | |
| Type and level of studies: Master academic studies | | | | |
| Course title: Research in Sport Psychology | | | | |
| Lecturer or lecturers (for lectures): prof. Dušanka Lazarević, Ph.D | | | | |
| Lecturer / Associate (for practice): prof. Dušanka Lazarević, Ph.D | | | | |
| Course status: Elective | | | | |
| ECTS: 5 | | | | |
| Condition: | | | | |
| Course objectives: To enable students to acquire knowledge about the basic areas and streams of research in Sport psychology; to adopt and understand the basic principles and phases of empirical research in Sport psychology, as well as to understand importance and possibilities of applying them in research and practice in the field of sports and physical exercise; to acquire the basic knowledge and skills necessary for monitoring contemporary literature in the field of sport psychology, to enable them to critically discuss the possibilities of applying the results of empirical research in Sport psychology to the field of sports activity. | | | | |
| Course outcome: 1. Students will have basic knowledge about the fields and streams of research in Sport psychology; 2. Students will have knowledge and will understand the basic principles and results of empirical research in Sport psychology; 3. Students will possess academics skills necessary for independent monitoring of literature in the field of Sport psychology, understand and critically consider the possibilities of applying the results of empirical research in Sport psychology to the field of sports activity. | | | | |
| Contents description: <i>Theoretical instruction:</i> Introduction to research in Sport psychology: the scope, topics and importance of Sport psychology; roles and tasks of sports psychologists; methods, techniques and ethical standards in Sport psychology. Studying personality in sport: personality theories and sport, personality and sports achievement. Anxiety and level of activation in sport: neuropsychology of arousal; defining anxiety and stress; multidimensional nature of anxiety; relation of arousal and achievement in sport. Attention and sport achievement. Motivation and self-confidence in sport: significance of motivation and types of motives in sport activity; achievement motivation; models of self-confidence; developing self-esteem and intrinsic motivation; social cognitive theory (A. Bandura) – self-efficacy and performance in sport. Causal attributions in sports. Social psychology of sport: attitudes towards participation in sport; aggression in sport; audience and achievement in sport; group cohesion and leadership in sport; Exercise Psychology: overtraining and burnout of athletes; psychology of sports injuries; abuse of psychoactive substances. <i>Practical classes:</i> Classes of practical lessons are devoted to analyzing representative examples of empirical research in Sport psychology for each of the areas listed in theoretical instruction. | | | | |
| References: Cox, R.H. (1998). <i>Psihologija sporta - koncepti i primjene. (Sport Psychology-Concepts and Application)</i> . Jastrebarsko: Naklada Slap. <i>Literature for seminar papers:</i> Articles from scientific journals (e.g. Sport and Exercise Psychology, Journal of Applied Sport Psychology, Physical Culture, etc.) | | | | |
| No. of active classes | | | | Other classes: |
| Lectures: 3 per week | Exercises/ Practical classes: 1 per week | Other forms of teaching: | Study research work: | |
| Teaching method Theoretical lectures with video presentations; Practical lectures: interactive instruction, workshops, presentations of student home works. | | | | |
| Knowledge assessment (maximum score 100) | | | | |
| Exam prerequisites | points | Final examination | points | |
| Class Activities | 10 | Written examination | | |
| Practical instruction | 10 | Practical examination | | |
| Preliminary exam / Colloquium | 30 | Oral examination | 30 | |
| Seminar papers | 20 | | | |