

Study program / study programs: Sport				
Type and level of studies: Basic vocational studies				
<b>Course title:</b> SPORT PSYCHOLOGY				
<b>Lecturer or lecturers</b> (for lectures): Lazarević, A. Dušanka, Orlić, M. Ana				
<b>Lecturer / Associate</b> (for practice): /				
Course status: Obligatory				
<b>ECTS:</b> 4				
Condition: passed the exam in Psychology				
<b>Course objectives:</b> The aim of the course is Psychology of Sport that students acquire the necessary knowledge and skills to successfully meet the problems of the psychological type in their future work, or to become qualified for the application of psychology in immediate daily work with athletes, for the independent use of information sources for finding relevant knowledge in the field of psychology of sports, as well as for successful cooperation with the applied sports psychologist.				
<b>Course outcome:</b> 1. The student will be able to identify relevant psychological factors in different types of sports activities and answer questions of practice using psychological knowledge and skills; 2. The student will be ready to independently use the sources of information for reaching relevant knowledge in the field of psychology of sports; 3. The student will show understanding of the principles and methods of work of the applied psychologist of sport.				
<b>Contents description:</b> <i>Theoretical instruction</i> Introduction to problems of psychology of sport: importance, subject and branches of psychology of sports; Scientific and ethical principles and procedures in the work of a sports psychologist; Sports performance factors; Personality and sport; Approaches and techniques of personality research in the context of sport and physical exercise; Ability and sports; Sport and development periods; Development of self-awareness through sport and physical exercise; Giftedness and talents in sports; Psychological conditions of the athlete; Emotional conditions; Optimizing the emotional state; Fatigue; Exceptional conditions with an athlete; Attention in sport; characteristics, types, causes of attention disturbance; Psychological principles of planning and setting goals; Motivation in sports; Psychological preparation of athletes; psychological approach of trainers in communication with athletes; Socio-psychological aspects of sports activity; Sports group-structure, processes and cohesiveness; Leadership in a sports group; Audience and sports. <i>Practical classes:</i> Not foreseen.				
<b>References:</b> <b>References:</b> 1. Lazarević, L.J. (2001). Psihološke osnove fizičke kulture.( <i>Psychological basis of physical culture</i> ) Beograd: Viša škola za sportske trenere (94-102; 154-190). 2. Lazarević, L.J. (2003). Psihološka priprema sportiste. ( <i>Mental preparation of athletes</i> ) Beograd: Viša škola za sportske trenere (22-41; 52-58; 69-76; 118-145). 3. Tubić, T. (2010). Psihologija i sport. ( <i>Psychology and sport</i> ). Bački Petrovac: ADŠ. „Kultura“ (13-37; 74-94; 135-178;192-203). Šira literatura: 1. Orlik, T. (1999). Mentalni trening za sportaše. ( <i>Psyching for Sport: Mental Training for Athletes</i> ) Zagreb: Gopal. (za seminarske radove).				
<b>No. of active classes</b>				Other classes:
Lectures: 2	Exercises/ Practical classes: 0	Other forms of teaching:	Study research work:	
<b>Teaching method</b> Lectures followed by video presentations, interactive teaching, discussion and student exposure, consultative work with students.				
<b>Knowledge assessment (maximum score 100)</b>				
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>	
Class Activities	10	Written examination		
Practical instruction		Practical examination	50	
Preliminary exam / Colloquium	30	Oral examination		
Seminar papers	10	.....		

