

Title and Code of Course: **ERP-BPS2617 Introduction to Applied Sport Psychology**

Instructor's Name: **Máté Smohai, PhD**

Instructor's Email Address: smohai.mate@kre.hu

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| Credit Point Value: 6 | Number of Lessons per Week: 2 | Type of Course: Seminar <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> | Method of Evaluation: Oral Examination <input type="checkbox"/> In-Class Presentation <input checked="" type="checkbox"/> Other <input type="checkbox"/> |
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Course Description:

The aim of this course is to introduce the goals, basic concepts and intervention techniques of applied sport psychology. Students learn about real life cases, and experience some important and useful working tools used by sport psychologists. Topics covered include: self-confidence, concentration, anxiety, mental toughness and team cohesion. Presented and experienced methods (eg. relaxation, goal-setting, imagery, self-talk) can be used in non-sport settings as well, for example reducing anxiety in exam situations or increasing self-confidence in working environment.

Bibliography:

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Dale, G., Conant, S. (2005). *101 Teambuilding Activities: Ideas Every Coach Can Use to Enhance Teamwork, Communication and Trust. Excellence in performance*.

Dosil, J. (Ed.). (2006). *The sport psychologist's handbook: A guide for sport-specific performance enhancement*. John Wiley & Sons.

Eklund, R. C., & Tenenbaum, G. (Eds.). (2014). *Encyclopedia of sport and exercise psychology*. Sage Publications.

Moran, A. (2011). *Sport and exercise psychology: A critical introduction*. Routledge.

Smith, L. H., & Kays, T. M. (2010). *Sports psychology for dummies*. John Wiley & Sons.

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