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

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

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<table>
<thead>
<tr>
<th>Credit Point Value:</th>
<th>Number of Lessons per Week:</th>
<th>Type of Course:</th>
<th>Method of Evaluation:</th>
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<td>6</td>
<td>2</td>
<td>Seminar ☒</td>
<td>Oral Examination ☒</td>
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<td>Lecture ☐</td>
<td>In-Class Presentation ☒</td>
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<td>Other ☐</td>
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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:**