

Course title	Exercise Psychology				
Course code	PSOC200				
Course type	Lectures				
Level	Diploma				
Year / Semester	2 nd Year / 4 th Semester				
Teacher's name	Dr Nicos Georgiou / Assos Charalambos				
ECTS	6	Lectures / week	3	Laboratories / week	
Course purpose and objectives	The aim of the course is to teach students the main factors that can have an effect on the physical exercise, the mental health, the personality and the behaviour of the trainees of all ages. The course also discusses ways of improving performance.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> Explain the basic principles of exercise psychology Recognise what stress is and how it is dealt with in practice <p>Skills</p> <ol style="list-style-type: none"> Work together with the trainees to put into practice the basic principles of goal setting Apply psychological techniques aimed at enhancing performance. <p>Competences</p> <ol style="list-style-type: none"> Be able to discover the main issues that concern the trainees (anxiety, self-confidence, chronic problems, etc.) so that they can support and approach the trainees properly by making the appropriate interventions. 				
Prerequisites				Required	
Course content	<ul style="list-style-type: none"> • Introduction to Sports Psychology and Exercise Psychology - Purpose and content of exercise psychology. • Psychology of exercise – models that explain it • Immediate and chronic psychological effects of exercise on mental health (mood, depression, anxiety). • Exercise and personality. • Physical activity, motivation and commitment, drop out. • Techniques and applications (goal setting technique, mental visualisation technique, self-talk technique, relaxation and activation techniques, etc.) • Self confidence • Anxiety and stress 				

	<ul style="list-style-type: none"> • Exercise and special groups of people (people with cardiovascular problems, obesity, the elderly, people with dementia and Alzheimer's disease, etc.) • Exercise addiction problems-Eating disorders-Body dysmorphia.
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre.
Bibliography	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Δογάνης, Γ. (2016). <i>Αθλητική ψυχολογία</i>. Χριστοδουλίδη, ISBN 978-960-8183-76-6. • Θεοδωράκης, Ι. (2017). <i>Άσκηση, ψυχική υγεία και ποιότητα ζωής</i>, 2^η Έκδοση. Αφοί Κυριακίδη Εκδόσεις Α.Ε., ISBN 978-960-602-168-8. • Sharkey, B. J. και Gaskill, S. E. (2016). <i>Άσκηση και υγεία: Ολοκληρωμένος οδηγός</i>. 7^η Έκδοση. Παρισιάνου Α.Ε.. ISBN 978-960-583-171-4. <p>English Bibliography</p> <ul style="list-style-type: none"> • Stuart J. H. Biddle (2015). <i>Psychology of Physical Activity: Determinants, Well-Being and Interventions</i>, 3rd Edition, Routledge, ISBN: 978-0415518185.
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10 % • Intermediary written examination: 30% • Assignment: 20% • Final written examination: 40%
Language	Greek or English