



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	16B	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

**Entitlement**

Sport Psychology and Sport Pedagogy

**Prerequisites**

Secondary education

**Course (module) Learning Outcomes**

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	To analyse and systematize academic publications, to hypothesize research ideas	Case analysis (Case study), Formal lecture, Literature analysis, Scientific paper analysis	Background reading, Case analysis (study), Directed private laboratory work, Scientific paper (text) analysis
2	To be able to continuously acquire modern knowledge and skills	Discussion, Exercise classes, Formal lecture, Group work, One-to-one tutorials, Seminar	Case analysis (study), Control work, Group work, Laboratory notes and report, Literature analysis, Mid-term examination, Seminar
3	To be able to implement modern sports coaching knowledge	Discussion, Exercise classes, Formal lecture, Laboratory classes, Reflection on action	Case analysis (study), Directed private laboratory work, Group work, Laboratory notes and report
4	To be able to implement modern educational technologies, learning methods and content materials	Discussion, Exercise classes, Formal lecture, Group work, Literature analysis, One-to-one tutorials, Seminar	Case analysis (study), Group work, Problem-solving task, Scientific paper (text) analysis
5	To be able to understand and apply pedagogical and psychological methods in the coaching process	Discussion, Formal lecture, Group work, Laboratory classes, One-to-one tutorials, Scientific paper analysis	Control work, Directed private laboratory work, Group work, Laboratory notes and report, Mid-term examination, Reflection on action, Scientific paper (text) analysis

**Main aim**

Course aim - to help students acquire the knowledge and skills for successful execution of the educational process, to develop the ability to connect knowledge of general and sport pedagogy, general and sports psychology, as well as special education and psychology to a system of knowledge, and creatively utilize it for dealing of pedagogical problems, and help students form the attitudes towards disability as a social phenomenon.

**Summary**

Aims, tasks and object of pedagogy and educology, aims of didactics, subject, persons cognitive processes: feeling, attention, memory, thinking and intellect, temperament, character, emotions are investigated. Personal characteristics of sport pedagogue, necessary abilities for succesful activity, peculiarities of communication with doing sports persons, sport activity motivation, aggression of sportsmen, anxiety, fear and stress peculiarities during sport activity are analysed.

**Level of module**

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	

Specialaus lavinimo

**Group under financial classification**

## Syllabus

№.	Sections and themes	Responsible lecturer
1.	Sport psychology	
1.1	The basic aspects of sports psychology	
1.2	The concept and structure of an athlete 's personality. Theories explaining the athlete 's personality. Types of athletes' temperament and their peculiarities	
1.3	Why an athlete's motivation is a powerful force	
1.4	Aggression and sports	
1.5	The concept of athlete's fear and its types	
1.6	Why does a coach and athlete need to know about anxiety?	
1.7	Psychological support peculiarities for athletes in injury	
1.8	Psychology	
1.9	Changes in athletes' sports careers. The "price" of a sports career.	
1.10	Peculiarities of psychological support for athletes who have suffered injuries	
2.	Sport pedagogy	
2.1	The subject matter of general psychology	
2.2	Basic schools of psychology - main theses and critiques	
2.3	Research methods in psychology	
2.4	Cognitive processes: sensations and perceptions, attention, memory, thinking and intelligence	
2.5	Personality: temperament, character, emotions	
3.	Sports pedagogy	
3.1	Coach qualities that are important to coach work	
3.2	Skills necessary for coaching	
3.3	Peculiarities of coach communication with athletes	
3.4	Conflicts and their peculiarities in sports activities	
4.	Pedagogy	
4.1	Concepts of pedagogy, education, theoretical aspects. Basic concepts	
4.2	Concept of hodegetics. Classification and development of values. Methods of developing prosocial behavior and its motives	
4.3	The new paradigm of teaching. Teaching strategies. Learning difficulties. Peculiarities of the athlete training process	
4.4	Diversity of people (children): social differences, gender differences	
4.5	Peculiarities of educational activities when working with children with character accents	

Evaluation procedure of knowledge and abilities:

### References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Malinauskas R. (2010). Taikomoji sporto psichologija. Kaunas: LKKA.		10	No	1
2.	Šniras Š., Malinauskas R. (2014). Sportininkų ir trenerio sąveikos psichologija. Kaunas: LSU.		20	No	1
3.	Martens R. (1999). Sporto psichologijos vadovas treneriui. Vilnius: Lietuvos sporto informacijos centras.		3	No	1
4.	Taylor J. (2018). Assessment in applied sport psychology. Champaign: Human Kinetics.		1	No	1

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
5.	Lane A.M. (2016). Sport and exercise psychology. London and New York: Taylor & Francis Group.		1	No	1
6.	Nicholls R. A., Jones L. (2013). Psychology in sports coaching theory and practice. New York: Routledge.		1	No	1
7.	Colman M.A. (2013). Kas yra psichologija. Vilnius: Apostrofa.		1	No	1
8.	Jusienė R., Laurinavičius A. (2007). Psichologija. Vilnius: Mykolo Romerio universitetas.		1	No	
9.	Martišius V. (2006). Kognityvinė psichologija. I dalis: Suvokimas ir atmintis. Kaunas: VDU.		1	No	
10.	Endriulaitienė A., Martišius V. (2007). Psichologiniai sprendimų priėmimo ypatumai. Kaunas: VDU leidykla.		3	No	2
11.	Šinkariova L. (2007). Bendroji psichopatologija. Kaunas: VDU leidykla.		1	No	1
13.	Butler G., McManus F. (2014). Psychology. A very short introduction. Oxford: Oxford University Press.		1	No	
14.	Gross R. (2015). Psychology: The Science of Mind and Behaviour 7th Edition. London: Hodder Education.		1	No	
15.	Miškinis K. (2002). Sporto pedagogikos pagrindai. Kaunas: LKKA.		20	No	2
16.	Kathleen A. (2011). Sport Pedagogy: An Introduction for Teaching and Coaching. New York: Routledge.			No	1
17.	Siedentop D., Hastie A.P., Van der Mars H. (2011). Complete Guide to Sport Education. Champaign, IL: Human Kinetics.			No	1
18.	Heike J.P., Meusbürger M.H. (2017). Mobilities of knowledge. Springer.			No	1
19.	Gedvilienė G., Zuzevičiūtė V. (2007). Edukologija. Kaunas: Vytauto Didžiojo universiteto leidykla.		4	No	1
20.	Larsen B., Jensen L., Jensen T.P. (2014). Transitions in secondary education: Exploring effects of social problems.		1	No	1
<i>Comment: EBSCOhost: Academic Search Complete</i>					
21.	Malinauskas R., Šniras Š., Malinauskienė V. (2018). Social self-efficacy training programme for basketball playing students: a case study. Revista de psicologia del deporte. Vol. 27, No. 1, 165-185.		1	No	1
22.	Šniras, Š., Ušpurienė A.B. (2018). Assessment of pre-competition emotional states of different mastery women-basketball players. Physical education of students. Vol. 22, No. 3, 151-158.		1	No	1
23.	Sniras, S., Uspuriene, A.B. (2019). Attitude of young basketball players and their coaches towards the importance of abilities that are necessary for a coach. Journal of physical education and sport. Vol. 19, no. 1, 540-545.		1	No	1

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
24.	Lupo C., Guidotti F., Goncalves C.E., Moreira L., Doupona T.M., Bellardini H., Tonkonogi M., Colin A., Capranica L. (2015). Motivation towards dual career of European student-athletes. <i>European Journal of Sport Science</i> . Vol. 15 (2), 151-160.		1	No	1
25.	Christopher R.D. (2014). Emotion Regulation and Sport Performance. <i>Journal of sport and exercise psychology</i> . Vol. 36, No. 4, 401-412.		1	No	1
26.	Nezlek B.J., Cypryńska M., Cypryński P., Chlebosz K., Jencylik K., Sztachańska J., Zalewska M.A. (2017). Within-Person Relationships Between Recreational Running and Psychological Well-Being. <i>Vol. 40 (3), 146-152.</i>		1	No	1
27.	Curran T., Hill A.P., Hall K.H., Jowett E.G. (2015). Relationships between the coach-created motivational climate and athlete engagement in youth sport. <i>Journal of Sport &amp; Exercise Psychology</i> . 37,193-198.		1	No	1
28.	Partridge A.J., Knapp A.B. (2016). Mean girls: Adolescent female athletes and peer conflict in sport. <i>Journal of applied sport psychology</i> . 28, 113-127.		1	No	1
29.	Escudero D. (2009). Performativity and postmodern scientific education. <i>The International Journal of Learning</i> . Vol.16, No. 10, 469-481.		1	No	1
30.	Malti T., Dys, S. (2018). From being nice to being kind: development of prosocial behaviors. <i>Current opinion in psychology</i> . 20, 45-49.		1	No	1

#### Additional literature

№.	Title
1.	Bump A.L. (2000). <i>Sporto psichologija treneriui. studijų vadovas</i> . Vilnius: Lietuvos sporto informacijos centras.
2.	Kroshus E., DeFreese J.D. (2017). Athlete burnout prevention strategies used by U.S. collegiate soccer coaches. <i>The Sport Psychologist</i> . 31, 332-343.
3.	Winter S., Collins D.J. (2016). Applied Sport Psychology: A Profession? <i>The Sport Psychologist</i> . 30, 89-96.
4.	Larsen B., Jensen L., Jensen T.P. (2014). Transitions in secondary education: Exploring effects of social problems. <i>Research in Social Stratification and Mobility</i> . Vol. 38, 32 - 42
5.	Piper H., Garratt D., Taylor B. (2015). <i>Moral panic in physical education and coaching</i> . Oxon: Routledge.
6.	Galli, N. (2019). <i>Psychosocial health and well-being in high-level athletes</i> . New York: Routledge, Taylor & Francis Group.
7.	Andrade A., Quezia S.G., Coimbra D.R. (2021). Factors associated with self-determined motivation in young basketball athletes: a systematic review. <i>Revista de Psicología del Deporte</i> . Vol. 30 Issue 1, 1-17.

#### Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		11

#### Subdivision

Entitlement	Code
a	1006

