



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

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

Entitlement

Sport pedagogy and psychology

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

The aim of the module is to develop the ability to understand and evaluate the latest theories of sport psychology in the context of sport performance, to analyze pedagogical situations, and to evaluate and conduct psychological and educational research on the personality of coaches and athletes. It also helps students to acquire knowledge and skills in the main areas of psychological training of athletes, and to creatively apply the acquired knowledge. To develop the ability to integrate knowledge into a knowledge system and to use it creatively to solve psychological and pedagogical problems in the context of sport performance.

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 successful 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. | Psychology          |                      |

| №.  | Sections and themes                                                                                                                                            | Responsible lecturer |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1.1 | The subject matter of general psychology                                                                                                                       |                      |
| 1.2 | Basic schools of psychology - main theses and critiques                                                                                                        |                      |
| 1.3 | Research methods in psychology                                                                                                                                 |                      |
| 1.4 | Cognitive processes: sensations and perceptions, attention, memory, thinking and intelligence                                                                  |                      |
| 1.5 | Personality: temperament, character, emotions                                                                                                                  |                      |
| 2.  | Sport psychology                                                                                                                                               |                      |
| 2.1 | The subject matter of general psychology                                                                                                                       |                      |
| 2.2 | The concept and structure of an athlete 's personality. Theories explaining the athlete 's personality. Types of athletes' temperament and their peculiarities |                      |
| 2.3 | Why an athlete's motivation is a powerful force?                                                                                                               |                      |
| 2.4 | Aggression and sports                                                                                                                                          |                      |
| 2.5 | The concept of athlete's fear and its types                                                                                                                    |                      |
| 2.6 | Why does a coach and athlete need to know about anxiety?                                                                                                       |                      |
| 2.7 | Psychological support peculiarities for athletes in injury                                                                                                     |                      |
| 2.8 | Stress in sport and ways of getting over it                                                                                                                    |                      |
| 2.9 | Changes in athletes' sports careers. The "price" of a sports career                                                                                            |                      |
| 3.  | Pedagogy                                                                                                                                                       |                      |
| 3.1 | Concept of pedagogy and education, purpose, basic concepts. Educational objectives. The importance of values in education                                      |                      |
| 3.2 | Concept of hodegetics. Classification and development of values. Methods of developing prosocial behavior and its motives                                      |                      |
| 3.3 | The new paradigm of teaching. Teaching strategies. Learning difficulties. Peculiarities of the athlete training process                                        |                      |
| 3.4 | Diversity of people (children): social differences, gender differences                                                                                         |                      |
| 3.5 | Peculiarities of educational activities when working with children with character accents                                                                      |                      |
| 4.  | Sports pedagogy                                                                                                                                                |                      |
| 4.1 | Defining sport pedagogy as a science. Pedagogical excellence of a coach (sports pedagogue) and its peculiarities                                               |                      |
| 4.2 | Coach qualities that are important to coach work                                                                                                               |                      |
| 4.3 | Skills necessary for coaching                                                                                                                                  |                      |
| 4.4 | Peculiarities of coach communication with athletes                                                                                                             |                      |
| 4.5 | Conflicts and their peculiarities in sports activities                                                                                                         |                      |

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. | Cotterill, S. (2025). Team psychology in sports: Theory and practice. Routledge.                                                               |                                                 | 1                   | No                                        | 1                                                      |
| 3. | Razon S., Sachs, M. L. (2024). Applied Exercise Psychology. Taylor & Francis Ltd.                                                              |                                                 | 1                   | No                                        | 1                                                      |
| 4. | Shuler J., Wegner M., Plessner H., Eklund C. R. (2023). Sport and Exercise Psychology. Theory and application. Springer Nature Switzerland AG. |                                                 | 1                   | No                                        | 1                                                      |
| 5. | Weinberg R. S., Gould D. (2023). Foundations of sport and exercise psychology. Human Kinetics.                                                 |                                                 | 1                   | No                                        | 1                                                      |
| 6. | Stewart C., Neil W., Gavin B. (2017). Sport and exercise psychology: practitioner case studies. Chichester: Wiley.                             |                                                 | 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 |                                           |                                                        |
| 7.  | Lawson A. H., Jones M. E. (2024). Physical Education and Sport Pedagogy Workforce Research and Development: International Perspectives. New York: Routledge.                                                                 |                                                 | 10                  | No                                        | 5                                                      |
| 8.  | Stanger Ch., Frantz S. (2023). Introduction to Psychology. FlatWorld.                                                                                                                                                        |                                                 | 1                   | No                                        |                                                        |
| 9.  | Carlson R.N., Martin N. G. (2023). Psychology, 7th edition. Pearson.                                                                                                                                                         |                                                 | 1                   | No                                        |                                                        |
| 10. | Radvansky G., Ashcraft M., Ypsilanti A., Lazuras L. (2025). Cognityve psychology. Publisher. Pearson.                                                                                                                        |                                                 | 1                   | No                                        | 1                                                      |
| 11. | Myers G. D., Dewall N. C., Gruber J. (2024). Psychology. Macmillan Learning.                                                                                                                                                 |                                                 | 3                   | No                                        | 1                                                      |
| 12. | Lekavičienė R. (2022). Bendravimo psichologija šiuolaikiškai. Vilnius: Alma litera.                                                                                                                                          |                                                 | 3                   | No                                        | 1                                                      |
| 13. | Abegglen S., Burns T., Heller R., Madhok R., Neuhaus F., Sandars J., Sinfield S., Singh G. U. (2025). Stories of Hope. Reimagining Education. Cambridge, UK: Open Book Publishers.                                           |                                                 | 1                   | No                                        | 1                                                      |
| 14. | Kurilov J. (2018). Personalizuoto mokymosi metodai ir technologijos. Vilnius: VGTU leidykla Technika.                                                                                                                        |                                                 | 1                   | No                                        | 1                                                      |
| 15. | Cutre-González D., De Cocker K., González-García L. (2025). Motivation in physical education. Springer Cham. <a href="https://doi.org/10.1007/978-3-031-86908-2">https://doi.org/10.1007/978-3-031-86908-2</a>               |                                                 | 1                   | No                                        | 1                                                      |
| 16. | Lawson A. H., Jones M. E. (2024). Physical education and sport pedagogy workforce research and development: International perspectives. New York: Routledge.                                                                 |                                                 | 5                   | No                                        | 1                                                      |
| 17. | Augustienė A., Simonaitienė B. (2021). Mokymosi strategijos ir mokinių pasiekimų sąsajos. Kaunas: KTU leidykla Technologija.                                                                                                 |                                                 | 1                   | No                                        | 1                                                      |
| 18. | Šniras Š., Malinauskas R. (2014). Sportininkų ir trenerio sąveikos psichologija. Kaunas: LSU.                                                                                                                                |                                                 | 1                   | No                                        | 1                                                      |
| 19. | Myers G. D. (2008). Psichologija. Poligrafija ir informatika.                                                                                                                                                                |                                                 | 1                   | No                                        | 1                                                      |
|     | <i>Comment: EBSCOhost: Academic Search Complete</i>                                                                                                                                                                          |                                                 |                     |                                           |                                                        |
| 20. | Longakit, J., Toring-Aque, L., Aque Jr, F., Sayson, M., & Lobo, J. (2024). The role of coach-athlete relationship on motivation and sports engagement. Physical Education of Students, 28(5), 268-278.                       |                                                 | 1                   | No                                        | 1                                                      |
| 21. | Mazzanti, M., Masini, A., Sanmarchi, F., Dallolio, L., & Mascherini, G. (2025). Aggression and sport: A cross-sectional study on behavioral tendencies of athletes. Journal of Bodywork and Movement Therapies, 42, 982-988. |                                                 | 1                   | No                                        | 1                                                      |
| 22. | Zhang, L. (2023). Influence of athletes anxiety on competition results. Revista Brasileira de Medicina Do Esporte, 29, e2022_0551.                                                                                           |                                                 | 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 |                                           |                                                        |
| 23. | Thomas, P. G., Lucas, P., Walters, S., & Oldham, A. R. H. (2024). Emerging athletes' career transitions in professional sport: An existential multi-case perspective. <i>Frontiers in Sports and Active Living</i> , 6, 1401848.                                   |                                                 | 1                   | No                                        | 1                                                      |
| 24. | Kim, J., Tamminen, K. A. (2022). Emotion regulation among competitive youth athletes: exploring the independent and interactive effects of cognitive reappraisal and expressive suppression. <i>International Journal of Sport and Exercise Psychology</i> , 1-23. |                                                 | 1                   | No                                        | 1                                                      |
| 25. | Malinauskas R., Šniras Š., Malinauskienė V. (2018). Social self-efficacy training programme for basketball playing students: a case study. <i>Revista de psicologia del deporte</i> . Vol. 27, No. 1, 165-185.                                                     |                                                 | 1                   | No                                        | 1                                                      |
| 26. | Solakumur, A., Dilek, A. N., Unlu, Y., & Kul, M. (2023). The effect of coaches' leadership behaviors on athletes' emotion regulation strategies. <i>The Sport Journal</i> , 24, 1-15.                                                                              |                                                 | 1                   | No                                        | 1                                                      |
| 27. | Wachsmuth, S., Jowett, S., & Harwood, C. G. (2022). Third party interventions in coach-athlete conflict: Can sport psychology practitioners offer the necessary support?. <i>Journal of Applied Sport Psychology</i> , 34(1), 178-203.                             |                                                 | 1                   | No                                        | 1                                                      |
| 28. | Boyatzis, R., Liu, H., Smith, A., Zwygart, K., & Quinn, J. (2024). Competencies of coaches that predict client behavior change. <i>The Journal of Applied Behavioral Science</i> , 60(1), 19-49.                                                                   |                                                 | 1                   | No                                        | 1                                                      |

#### Additional literature

| №. | Title                                                                                                                                                                                                                 |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Cotterill, S. (2025). <i>Team psychology in sports: Theory and practice</i> . Routledge.                                                                                                                              |
| 2. | Nesti, M. (2024). <i>Applied psychology practice in professional sport: meeting the person, knowing the athlete</i> . Routledge.                                                                                      |
| 3. | Nairne, J. S., & McBride, D. M. (2022). <i>Psychology</i> . Sage Publications.                                                                                                                                        |
| 4. | Kalat, J. W. (2021). <i>Introduction to psychology</i> . Rex Bookstore, Inc.                                                                                                                                          |
| 5. | Malinauskas R. (2010). <i>Taikomoji sporto psichologija</i> . Kaunas: LKKA.                                                                                                                                           |
| 6. | Pendergast D., Garvis S. (Eds.). (2023). <i>Teaching early years: Curriculum, pedagogy, and assessment</i> . Taylor & Francis.                                                                                        |
| 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. |
| 8. | Khaldi M. (2024). <i>Fostering Pedagogical Innovation Through Effective Instructional Design</i> . IGI Global Scientific Publishing.                                                                                  |
| 9. | Miškinis K. (2002). <i>Sporto pedagogikos pagrindai</i> . Kaunas: LKKA.                                                                                                                                               |

#### Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|----------|-----------------------|-------------|
|          |                       |             |

#### Subdivision

| Entitlement                                 | Code |
|---------------------------------------------|------|
| Department of Physical and Social Education | 1006 |

| Semester |   | Mode of studies | Structure |          |           |           | Total hours | Credits |
|----------|---|-----------------|-----------|----------|-----------|-----------|-------------|---------|
|          |   |                 | Theory    | Seminars | Lab Works | Ind. work |             |         |
| A        | S | D               | 30        | 20       | 10        | 200       | 260         | 10      |

Languages of instruction:

|            |   |         |   |         |   |        |   |        |   |       |      |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|
| Lithuanian | L | English | E | Russian | R | French | F | German | G | Other | Oth. |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|

Plan of in-class hours

| №. of Themes | Academic hours |          |           | №. of Themes | Academic hours |          |           |
|--------------|----------------|----------|-----------|--------------|----------------|----------|-----------|
|              | Theory         | Seminars | Lab Works |              | Theory         | Seminars | Lab Works |
| 1.           | 0              | 0        | 0         | 2.8          | 1              | 1        | 0         |
| 1.1          | 1              | 0        | 0         | 2.9          | 1              | 0        | 0         |
| 1.2          | 1              | 0        | 0         | 3.           | 0              | 0        | 0         |
| 1.3          | 1              | 0        | 0         | 3.1          | 1              | 1        | 0         |
| 1.4          | 1              | 0        | 5         | 3.2          | 1              | 2        | 0         |
| 1.5          | 1              | 0        | 5         | 3.3          | 1              | 2        | 0         |
| 2.           | 0              | 0        | 0         | 3.4          | 1              | 2        | 0         |
| 2.1          | 1              | 0        | 0         | 3.5          | 2              | 2        | 0         |
| 2.2          | 2              | 1        | 0         | 4.           | 0              | 0        | 0         |
| 2.3          | 2              | 1        | 0         | 4.1          | 1              | 1        | 0         |
| 2.4          | 2              | 1        | 0         | 4.2          | 1              | 1        | 0         |
| 2.5          | 2              | 1        | 0         | 4.3          | 1              | 1        | 0         |
| 2.6          | 2              | 1        | 0         | 4.4          | 1              | 1        | 0         |
| 2.7          | 1              | 0        | 0         | 4.5          | 1              | 1        | 0         |
| Total:       |                |          |           |              | 30             | 20       | 10        |

Schedule of individual work tasks and their influence on final grade

|                                  | №. of syllabus      | Total hours | Influence on grade, % | Week of presentment of task (*) and reporting (o) |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |       |
|----------------------------------|---------------------|-------------|-----------------------|---------------------------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|-------|
|                                  |                     |             |                       | 1                                                 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17-20 |
| Laboratory notes and report      | 1.4-1.5             | 40          | 10                    | *                                                 |   |   |   |   |   |   | 0 |   |    |    |    |    |    |    |    |       |
| Scientific paper (text) analysis | 2.2-2.9             | 40          | 20                    | *                                                 |   |   |   |   |   |   | 0 |   |    |    |    |    |    |    |    |       |
| Case analysis (study)            | 4.2-4.5             | 30          | 10                    | *                                                 |   |   |   |   |   |   |   | 0 |    |    |    |    |    |    |    |       |
| Group Homework                   | 3.1-3.5             | 40          | 20                    | *                                                 |   |   |   |   |   |   |   |   |    |    |    |    |    | 0  |    |       |
| Control work                     | Temos iš 1-4 skyrių | 50          | 40                    | *                                                 |   |   |   |   |   |   |   |   |    |    |    |    |    |    | 0  |       |
| Total:                           | -                   | 200         | 100                   |                                                   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |       |

### Study module teaching form №. 2

| Semester |   | Mode of studies | Structure |          |           |           | Total hours | Credits |
|----------|---|-----------------|-----------|----------|-----------|-----------|-------------|---------|
|          |   |                 | Theory    | Seminars | Lab Works | Ind. work |             |         |
| A        | S | N               | 30        | 20       | 10        | 200       | 260         | 10      |

Languages of instruction:

|            |   |         |   |         |   |        |   |        |   |       |      |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|
| Lithuanian | L | English | E | Russian | R | French | F | German | G | Other | Oth. |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|

Plan of in-class hours

| №. of Themes | Academic hours |          |           | №. of Themes | Academic hours |          |           |
|--------------|----------------|----------|-----------|--------------|----------------|----------|-----------|
|              | Theory         | Seminars | Lab Works |              | Theory         | Seminars | Lab Works |
| 1.           | 0              | 0        | 0         | 2.8          | 1              | 0        | 0         |
| 1.1          | 1              | 0        | 0         | 2.9          | 1              | 0        | 0         |
| 1.2          | 1              | 0        | 0         | 3.           | 0              | 0        | 0         |
| 1.3          | 1              | 0        | 0         | 3.1          | 1              | 1        | 0         |
| 1.4          | 1              | 0        | 5         | 3.2          | 1              | 2        | 0         |
| 1.5          | 1              | 0        | 5         | 3.3          | 1              | 2        | 0         |

| №. of Themes | Academic hours |          |           | №. of Themes | Academic hours |          |           |
|--------------|----------------|----------|-----------|--------------|----------------|----------|-----------|
|              | Theory         | Seminars | Lab Works |              | Theory         | Seminars | Lab Works |
| 2.           | 0              | 0        | 0         | 3.4          | 1              | 2        | 0         |
| 2.1          | 1              | 0        | 0         | 3.5          | 2              | 2        | 0         |
| 2.2          | 2              | 1        | 0         | 4.           | 0              | 0        | 0         |
| 2.3          | 2              | 1        | 0         | 4.1          | 1              | 1        | 0         |
| 2.4          | 2              | 1        | 0         | 4.2          | 1              | 1        | 0         |
| 2.5          | 2              | 1        | 0         | 4.3          | 1              | 1        | 0         |
| 2.6          | 2              | 1        | 0         | 4.4          | 1              | 1        | 0         |
| 2.7          | 1              | 1        | 0         | 4.5          | 1              | 1        | 0         |
|              |                |          |           | Total:       | 30             | 20       | 10        |

### Schedule of individual work tasks and their influence on final grade

[illegible]