

Sports Psychology and Coaching (D013171)

Course size *(nominal values; actual values may depend on programme)*

Credits 4.0

Study time 120 h

Course offerings and teaching methods in academic year 2024-2025

A (semester 1)

Dutch

Gent

lecture

seminar

practical

independent work

Lecturers in academic year 2024-2025

Haerens, Leen

GE30

lecturer-in-charge

Morbée, Sofie

PP07

co-lecturer

Vansteenkiste, Maarten

PP07

co-lecturer

Offered in the following programmes in 2024-2025

[Master of Science in Teaching in Physical Education](#)

crdts 4

offering A

[Master of Science in Movement and Sports Sciences\(main subject Sports Training and Coaching\)](#)

4

A

Teaching languages

Dutch

Keywords

Sportpsychology, coaching, psychological coaching of athletes

Position of the course

This course builds on courses in psychology, psychosocial aspects of movement activities, movement didactics and sports pedagogy.

Contents

Following topics from applied sport psychology will be covered:

Breathing - Concentration - Imagery - Positive rephrasing

Self-talk - Fear of failure

Performance goals

Eating disorders

Sports injuries and recovery

Sport psychology screening

Career phases and coaching

Group dynamics in sports teams

Through testimonials from sport psychologists, students will gain insight into the concrete approach to sport psychological counseling of athletes.

Translated with www.DeepL.com/Translator (free version)

Initial competences

"Sport Psychology and coaching" builds upon certain final competencies of "Psychosocial aspects of movement activities" and "coaching and communication principles".

Final competences

- 1 Describe and illustrate theories, models and techniques in sportpsychology and coaching
- 2 Analyse and specify psychological techniques that coaches use to improve the performance in sport competition
- 3 Apply psychological techniques upon specific cases, and develop a relevant intervention as coach

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Seminar, Lecture, Practical, Independent work

Extra information on the teaching methods

This course unit assumes responsible use of generative artificial intelligence (GAI). During the class series, it is explained what is meant by this is. If GAI is used for the practical assignments, this should be mentioned.

Study material

Type: Syllabus

Name: Manual practical assignment
Indicative price: Free or paid by faculty
Optional: no
Language : Dutch
Number of Pages : 20
Available on Ufora : Yes
Online Available : Yes
Available in the Library : No
Available through Student Association : No

Type: Handouts

Name: Syllabus sport psychology
Indicative price: Free or paid by faculty
Optional: no
Language : Dutch
Number of Pages : 300
Available on Ufora : Yes
Online Available : Yes
Available in the Library : No
Available through Student Association : No
Usability and Lifetime within the Course Unit : intensive
Usability and Lifetime within the Study Programme : regularly
Usability and Lifetime after the Study Programme : occasionally

References

- De Cuyper B. (2001-2002). Reeks sportpsychologie
- Weinberg R. & Gould D. (1995) Foundations of sport and exercise Psychology. Human Kinetics, Champaign, IL Cox, R.H. (2002). Sport psychology, concepts and applications (5th. ed.) New York: McGraw-Hill
- Carron, A. V., & Eys, M. A. (2012). Group dynamics in sport (4th ed.). Morgantown, WV: Fitness Information Technology.
- Wylleman, P., & Lavallee, D. (2004). A Developmental Perspective on Transitions Faced by Athletes. In M. Weis (Ed.), (pp. 507–527). Morgantown, WV: Fitness International Technology.
- Haslan, S.A., Fransen, K., Boen, F. (2020). The new psychology of sport and exercise: the social identity approach. Sage.
- Schoupe E., Kuklis, T. (2021). De ultieme overwinning. Leer denken als een winnaar. Lannoo, Tielt.

Course content-related study coaching

Prof. Dr. Leen Haerens (Leen.Haerens@UGent.be), Dr. Caroline Jannes (caroline.jannes@UGent.be)

Assessment moments

end-of-term and continuous assessment

Examination methods in case of periodic assessment during the first examination period

Written assessment with open-ended questions

Examination methods in case of periodic assessment during the second examination period

Written assessment with open-ended questions

Examination methods in case of permanent assessment

Participation, Presentation, Assignment

Possibilities of retake in case of permanent assessment

examination during the second examination period is possible

Extra information on the examination methods

Periodic written examination of the theoretical frameworks and sportpsychological techniques and principles.

Non periodic examination: Conference days and presentation of research project. Written task for which the criteria and expectations are communication during the first lesson of the academic year and at the online platform UFORA.

Calculation of the examination mark

Combination of periodic written exam (60%) and non period exam through task (40%).

Deadlines are to be respected. If not the final mark can be reduced with 1 point.

Irregular absence at the conference day: final mark can be reduced with 1 point.

Facilities for Working Students

not applicable

Addendum

This course is open for incoming mobility students (Erasmus)