



## Syllabus

**Term:** 2025/26/2      **Subject name:** Sportpsychology      **Subject code:** ENAEDZN2101

---

**Unit (Unit code)** (TESTNEV)

**Lecturer responsible for the course:** Dr. SOÓS István

**Requirement:** Exam

**Classes per week :** 2/0/0

**Classes per term:**

---

### Purpose of education:

The aim of the sports psychology course is to familiarize students with the fundamental issues of sports psychology, scientific research and the possibilities of their application, as well as theoretical and practical interactions. The content of the course covers the scientific knowledge of the goals and tools of sports psychology, the to review the main topics, research trends and theories of modern sports psychology. Another goal is to familiarize students with the work of sports psychologists and prepare them to work with them. With the methods learned and acquired during the training, they should be able to examine the athlete's personality, the performance-oriented sports activity carried out in a specific environment, and the psychological characteristics of optimal performance enhancement. After learning the basics of sports psychology, they should be able to investigate or eliminate the psychological cause of performance fluctuations, in cooperation with the athlete and his coach, possibly the parent.

### Contents:

Week 1: The requirements and content of the course are antecedents of the development of sports psychology. Week 2: The subject, tasks and practical significance of sports psychology. Tasks, some methods of a sports psychologist. Week 3: Motivation theories (self-determination and goal orientation) Week 4: Cognitive sports psychology (memory, learning processes). Week 5: How attention works. Concentration. Week 6: Affective factors in sports (stress and anxiety). Week 7: Social psychological phenomena in sport Week 8: Group dynamics and cohesion in sport. Week 9: Sports psychology of the coach. Leadership theories. Week 10: Conflict management in sports. Week 11: Aggression and sports. Week 12: Options of psychology in recreation and rehabilitation (recovery from sports injuries). Week 13: End of semester, assessment. Writing test.

### System of examing and valuation:

Final grade consists of: Written exam score 75%. Assignment (article analysis, study): 25% Grade in proportion to the total number of points achieved: 50–62% satisfactory 63–75% medium 76–87% good Excellent from 88%



## Syllabus

**Term:** 2025/26/2

**Subject name:** Sportpsychology

**Subject code:** ENAEDZN2101

### Bibliography:

Weinberg, R. S., & Gould, D. (2023). *Foundations of sport and exercise psychology*. Human kinetics.

### Bibliography: