

## Psychology, Body Culture Psychology (3 ECTS)

### Oktatás célja

#### Aim of the subject

Students will learn the foundations of the general psychology, while becoming familiar with the scientific nature of psychology field, its methods of knowledge acquisition, and various research trends. The lectures will cover the few most important branches of psychology, and within those the classical themes and theories. A further objective of the course is to provide a solid but basic understanding of sport and exercise psychology, its objectives and means of gaining relevant knowledge. Discussions will be geared towards highlighting the key topics in sports/exercise psychology, research trends and theories and the discussion and the mental effects of physical training and sports in the perspectives of basic psychological knowledge.

#### Acquired competencies

##### Knowledge

- The philosophical aspects of psychology, social- and natural science perspectives
- The relevance and application of psychological knowledge of physical training and sport

##### Attitude

- Interest in the understanding of psychic phenomena.
- Analytical thinking and active listening.

##### Abilities

- Sound background knowledge about the systems in the fundamental psychology.
- Understanding, recognizing and questioning the views of psychological theories.
- Understanding the principles of sport and exercise psychology.

### Tantárgy tartalma

#### Major topics

1. Historical overview, trends and schools of psychology
2. Research methods in psychology, research sample (class research in a particular topic in the classroom where students will experience the role of participant and researcher as well)
3. Stress and mood, psychosomatics
4. Personality and developmental psychology
5. Family and social Psychology
6. Motivation in sport and in the everyday life
7. Cognitive psychology and perception
8. History and the present of sports psychology
9. Group and team psychology, the coach's role
10. Attention, concentration and flow for optimum performance
11. Goals and imagery in sport and physical activity / training
12. The effects of regular exercise on mental health
13. Pre-competition anxiety, tension and stress-relief
14. Exercise addiction
15. Overview, preparation for the exam

## Planned teaching methods

- Theoretical orientation, regular lectures with interactions.
- Class research with the students acting as both participants and researchers.
- Complementary homework readings related to the key topics of the lectures.

## Számonkérési és értékelési rendszere

### Requirements and evaluation

Requirements:

- Knowing and understanding the lecture notes.
- Being familiar with the assigned readings.
- Successful completion of the formal examination.

Mode of evaluation: One objective written test during the formal examination period.

Criteria of evaluation:

- Based on the number of right answers on the exam.
- 0-49%=1; 50-59%=2; 60-69%=3; 70-84%=4; 85-100%=5

## Irodalom

### Obligatory readings:

1. Lecture notes
2. Oláh Attila (2002). Pszichológiai Alapismeretek. Read / Download here: <http://mek.niif.hu/05400/05478/05478.pdf> (orán feladott olvsmányok)
3. <http://sportpszicho.blog.hu/> (only readings assigned in the class)
4. <http://szabo.freeservers.com/ELTE2017/SPHU/olvas.pdf>

### Recommended readings:

1. Atkinson, R.L. és Hilgard E. (2005). [Pszichológia](#). Osiris Kiadó, Budapest
2. Gyömbér és mtsai. (2012) Fejben dől el: Sportpszichológia mindenkinek. NoranLibroKft. Budapest
3. Budavári, Á. (2007) Sportpszichológia. Medicina, Budapest