

Module Title	Sport Psychological Theories				
Module Number	2.1	Module Type	Core	ECTS-Credits	5
Part of programme	2 Foundations of Sport Psychology				
Prerequisites	-				
First lecture	2011-2013	Last update	14 Nov. 2018		
Dates	16 November 2018 11 January 2019 7 February 2019 30 March 2019 10 - 11 May 2019 29 June 2019 13 September 2019 27 - 28 February 2020 (tbc)				
Overall workload	150 hrs				
Contact hours	70 hrs				
Module Leader Name, Contact	Prof. Dr. Achim Conzelmann, achim.conzelmann@ispw.unibe.ch Prof. Dr. Roland Seiler, roland.seiler@ispw.unibe.ch				
Lecturers	Prof. Dr. Mirko Wegner, Prof. Dr. Reinhard Fuchs, Prof. Dr. Paul Wylleman, N.N.				
Language(s)	German, English				

Introduction	<p>Sport psychology is a relatively recent field within psychology and is strongly influenced by sport sciences. The specificities of the vast field of sport inspired theoretical conceptions that distinguish themselves from general psychology.</p> <p>Psychological action theories have been developed among others in sport psychology. They provide a framework for the understanding of psychological processes, such as cognition, motivation, emotion, related to human activity and for the integration of empirical results from research. In addition, they offer theoretical basis for the applied work with individuals and teams and support a stand for a differential approach in sport psychology.</p> <p>Specific theories that have been elaborated in sport psychology mainly refer to motivation, personality, health, motor development, talent and the functioning of teams.</p>
Aims	<p>Knowledge</p> <ul style="list-style-type: none"> • Upon module completion, participants are familiar with central theories pertinent to specific areas of sport psychology, and are knowledgeable about the empirical evidence supporting the theoretical models. <p>Competences, Skills</p> <ul style="list-style-type: none"> • Upon completion of the module, participants are able to apply sport psychological theories to practical psychological problems in the field of sport and exercise. <p>Attitudes</p> <ul style="list-style-type: none"> • At the end of this module, participants recognise the importance of theoretical knowledge for applied sport psychological work. They are prepared and willing to use a theory-driven approach in their work.
Content	Knowledge

	<ul style="list-style-type: none"> • Basic concepts of action theory • Theories of motivation in sport and exercise • Personality in sport • Psychological aspects of exercise and health sport • Motor development • Talent detection and talent development • Social psychology of teams in sport <p>Competences, Skills</p> <ul style="list-style-type: none"> • Theoretical reflection and debate on different examples of applied psychological problems in sport <p>Attitudes</p> <ul style="list-style-type: none"> • Sample cases of theory-driven interventions
Modes of Study	Lectures (50 hrs), group work (20 hrs), individual reading (60 hrs), written assessments (20 hrs)
Assessment	<p>Two written reports (1-4 pages) in 2 lessons.</p> <p>Oral examination in groups of three. The task is to apply theoretical considerations onto applied sample consultation cases or problems. Sample questions shall be made available.</p> <p>The assessment shall take place on 11 June 2020.</p>
Course Material	Copies of powerpoint presentations and selected texts are provided.
Literature	<p>Baur, J., Bös, K., Conzelmann, A. & Singer, R. (Hrsg.).(2009). Handbuch Motorische Entwicklung. Schorndorf: Hofmann.</p> <p>Birrer, D. & Seiler, R. (2008). Gruppendynamik und Teambuilding. In J. Beckmann & M. Kellmann (Hrsg.), Anwendungen der Sportpsychologie (Enzyklopädie der Psychologie, Themenbereich D, Serie V, Band 2; S. 311-392). Göttingen: Hogrefe.</p> <p>Conzelmann, A. (2009).Differentielle Sportpsychologie - Sport und Persönlichkeit. In W. Schlicht & B. Strauss (Hrsg.), Grundlagen der Sportpsychologie (Enzyklopädie der Psychologie, Themenbereich D, Serie V, Band 1; S. 375-439). Göttingen: Hogrefe.</p> <p>Fuchs, R. (1997). Psychologie und körperliche Bewegung (S. 64-138). Göttingen: Hogrefe.</p> <p>Fuchs, R., Göhner, W. & Seeig, H. (Hrsg.).(2007). Aufbau eines körperlich-aktiven Lebensstils. Theorie, Empirie, Praxis. Göttingen: Hogrefe.</p> <p>Hagger, M. & Chatzisarantis, N. (2005). The social psychology of exercise and sport. Berkshire: Open University Press.</p> <p>Hohmann, A. (2009). Entwicklung sportlicher Talente an Sportbetonten Schulen. Petersberg: Imhof.</p> <p>Lerner, R.M. (2001). Concepts and theories of human development. New Jersey: Erlbaum</p> <p>Nitsch, J.R. (2004). Die handlungstheoretische Perspektive: ein Rahmenkonzept für die sportpsychologische Forschung und Intervention. Zeitschrift für Sportpsychologie, 11, 10-23.</p> <p>Vallerand, R.J. (2007). Intrinsic and extrinsic motivation in sport and physical activity. A review and a look at the future. In G. Tenenbaum & R.C. Eklund (Eds.), Handbook of sport psychology (3rd. Edition; pp. 59-83). Hoboken, NJ: John Wiley & Sons.</p> <p>Whaley, D.E. (2007). A life span developmental approach to studying sport and exercise behavior. In G. Tenenbaum & R.C. Eklund (Eds.), Handbook of sport psychology (Third Edition, pp. 645-661). Hoboken, NJ: Wiley.</p>