

## Course Description Form

**Review the performance of higher education institutions ((review of the academic program))**

### Course Description

This course description provides a brief summary of the most important characteristics of the course and the learning outcomes expected of the student to achieve, proving whether he or she has made the most of the available learning opportunities. It must be linked to the program description.

<b>1. Educational institution</b>	Faculty of Physical Education and Sports Sciences
<b>2. University Department / Center</b>	
<b>3. Course Name/Code</b>	Sports Psychology /
<b>4. Programs in which he enters</b>	Physical Education and Sports Sciences
<b>5. Available Attendance Forms</b>	Full Time – Daily
<b>6. Semester / Year</b>	First and second / 2023-2024
<b>7. Number of Credit Hours (Total)</b>	2 hours per week
<b>8. The history of preparation of this description</b>	2024

**9. Course Objectives**

- Introduce students to what sports psychology is, its fields and tasks
- Introducing the student to the psychological foundations of teaching motor skills
- Introduce students to the foundations of social relations within the sports team, and the relationship with others
- Introducing students to the psychological foundations related to high-level sports
- Introduce Barkan students to the comprehensive preparation in a higher-level sport
- Introduce students to the psychological preparation skills of the athlete that aim to achieve
- Introduce students to methods of arousal control and compatibility.

**10. Learning outcomes and teaching, learning and assessment methods**

**A- Knowledge and understanding**

- B- Ability to observe, understand and analyze athletic behavior.
- C- The student understands the sound foundations in teaching motor and mathematical skills.
- D- Ability to lead by example and create an active, fair and appropriate learning environment

- E- Defines strategies for developing critical thinking and problem-solving skills
  - F- Forming positive attitudes among students towards sports and physical activity.
  - G- The student's understanding of the nature of the learner's personality and dealing with him on this basis.
  - H- Understand the psychological effects of success and failure experiences, create conditions conducive to success experiences and avoid failure experiences.
- Enable the student to use psychological and social motivation methods in the educational process.

### B - Subject-specific skills

- Self-evaluation of the results of group discussions, measuring their effectiveness and achieving their objectives •
- Evaluate the team's roles during these discussions and evaluate their effectiveness •
- Directing the student to study a topic related to one of the topics of the course and discuss it in the lecture •
- Analysis of the behaviors of some sports situations of some world athletes •

### Teaching and learning methods

- .Distribute students in the form of study groups •**
- Discuss research and working papers in front of students and open a scientific dialogue between them •**
- .Conducting scientific debates between students •**
- Good listening and dialogue opens the door for dialogue and discussion in an organized manner •**

### Evaluation methods

- . Daily tests with multiple-choice questions for subjects -
- Participation grades for students' challenging competition questions .
- Setting grades for assigned homework .

### C- Thinking skills

- Search •
- Critical thinking •
- .Brainstorming •
- Analysis Behavior •

- d. General and transferable skills (other skills related to employability and (personal development
- .D1- Time management to achieve the maximum benefit and the best return**
- D2- Using the means of effective communication skills and the ability to work together to activate the processes related to the sports field**
- D3- Using methods and procedures to collect, build and analyze databases using the computer**
- D4- Writing and presenting reports and memoranda using modern means of communication and technology**
- D5- Active participation in professional gatherings of local and national physical education and in the wider educational field**
- D6- Practicing continuous learning and self-learning in the sports field and in life**

.in general

.D7- Leading individuals to achieve the desired goals

D8- Knowledge of one of the foreign languages to activate the work environment when needed.

11. Course Structure					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1	2	Sports psychology behavioral concepts and their applications	Sports Psychology / Overview	<b>Built-in presence</b>	Oral and written exams
2	2	Sports psychology behavioral concepts and their applications	Sports Psychology / Branches and fields of psychology	<b>Built-in presence</b>	Oral and written exams
3	2	Sports psychology behavioral concepts and their applications	Sports Psychology / Nature of Psychology and its fields and fields	<b>Built-in presence</b>	Oral and written exams
4	2	Sports psychology behavioral concepts and their applications	Personality / Personality Definition / Personality Concept / Personality Theories	<b>Built-in presence</b>	Oral and written exams
5	2	Sports psychology behavioral concepts and their applications	The relationship between personality and activity	<b>Built-in presence</b>	Oral and written exams
6	2	Sports psychology behavioral concepts and their applications	Motivation	<b>Built-in presence</b>	Oral and written exams
7	2	Sports psychology behavioral concepts and their applications	The concept of motives, incentives and needs	<b>Built-in presence</b>	Oral and written exams
8	2	Sports psychology behavioral concepts and their applications	Types of motives / interpretation of motives	<b>Built-in presence</b>	Oral and written exams
9	2	Sports psychology behavioral concepts and their applications	Psychological orientation	<b>Built-in presence</b>	Oral and written exams
10	2	Sports psychology behavioral concepts and their applications	Components of psychological orientation / types of psychological /orientation	<b>Built-in presence</b>	Oral and written exams
11	2	Sports psychology behavioral concepts and their applications	Growth of trends / Interpreting trends / Changing trends	<b>Built-in presence</b>	Oral and written exams
12	2	Sports psychology behavioral concepts and their applications	Strengthening	<b>Built-in presence</b>	Oral and written exams

13	2	Sports psychology behavioral concepts and their applications	Reinforcement in sports activity	<b>Built-in presence</b>	Oral and written exams
14	2	Sports psychology behavioral concepts and their applications	Courage and boldness	<b>Built-in presence</b>	Oral and written exams
15	2	Sports psychology behavioral concepts and their applications	Will and self-confidence	<b>Built-in presence</b>	Oral and written exams
16	2	Sports psychology behavioral concepts and their applications	Sports talent	<b>Built-in presence</b>	Oral and written exams
17	2	Sports psychology behavioral concepts and their applications	Methods of detecting gifted people	<b>Built-in presence</b>	Oral and written exams
18	2	Sports psychology behavioral concepts and their applications	Readiness and natural inclination	<b>Built-in presence</b>	Oral and written exams
19	2	Sports psychology behavioral concepts and their applications	Capability and talent	<b>Built-in presence</b>	Oral and written exams
20	2	Sports psychology behavioral concepts and their applications	Mental processes in the sports field	<b>Built-in presence</b>	Oral and written exams
21	2	Sports psychology behavioral concepts and their applications	Feeling, perception and thinking	<b>Built-in presence</b>	Oral and written exams
22	2	Sports psychology behavioral concepts and their applications	Creative thinking	<b>Built-in presence</b>	Oral and written exams
23	2	Sports psychology behavioral concepts and their applications	Remember	<b>Built-in presence</b>	Oral and written exams
24	2	Sports psychology behavioral concepts and their applications	Theories of forgetfulness	<b>Built-in presence</b>	Oral and written exams
25	2	Sports psychology behavioral concepts and their applications	wits	<b>Built-in presence</b>	Oral and written exams
26	2	Sports psychology behavioral concepts and their applications	Attention	<b>Built-in presence</b>	Oral and written exams
27	2	Sports psychology behavioral concepts and their applications	Manifestations of attention	<b>Built-in presence</b>	Oral and written exams
28	2	Sports psychology behavioral concepts and their applications	Sports Groups	<b>Built-in presence</b>	Oral and written exams

29	2	Sports psychology behavioral concepts and their applications	Psychological emotions	<b>Built-in presence</b>	Oral and written exams
30	2	Sports psychology behavioral concepts and their applications	anxiety	<b>Built-in presence</b>	Oral and written exams
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12. Infrastructure	
<ul style="list-style-type: none"> <li>▪ Basic texts</li> <li>▪ Course Books</li> <li>▪ Other</li> </ul>	<p>: Required readings</p> <ul style="list-style-type: none"> <li>• Mohamed Hassan Allawi, Sports Psychology, .Cairo, Dar Al-Maaref, 1994</li> <li>• Nizar Al-Talib and Kamel Lewis, Sports Psychology, Baghdad, Dar Al-Hikma for Printing and Publishing, 1998</li> <li>• Amer Saeed and others, Sports Psychology for the fourth stage, Dar Al-Diaa for Printing and Publishing, 2016</li> </ul>
Special requirements ( including e.g. workshops, periodicals, software, websites )	<p>-Electronic references, websites... Etc:  <a href="http://www.bases.org.uk/newsite/aboutbases.asp">www.bases.org.uk/newsite/aboutbases.asp</a>  <a href="http://www.psyc.unt.edu.apaiv47">www.psyc.unt.edu.apaiv47</a></p> <p>5- Other educational materials:  Multiple media devices linked to the textbook and related websites.</p>
Social services ( e.g. guest lectures, vocational training and field studies )	Seminars - group discussions - field research - encouraging the use of electronic information sources

13. Acceptance	
Prerequisites	There isn't any
Minimum number of students	150
The largest number of students	250