



Syllabus of Module

7. Sport Psychology

Lecturer: Ing. Roman Kořán

Module Annotation

The module focuses on clarifying the essence of sport psychology and its application to management activities in the environment of physical activities, recreational and elite sport. Additionally, it notes the psychological issues of management in minority groups (sports of people with disabilities). At the core of the topic are issues of personality (oneself as manager, other individuals as the subjects of sport management), group and group relations. The module explains the general principles of management in terms of the functions of the human psyche and its influence by internal and external factors, such as perceptual competencies, motor competencies, management and decision-making competencies, their sources, development and use. The content of the course also includes issues of attitudes, motivation, training of mental skills. The topic of stressful situations, their sources, prevention, the solutions and principles of mental hygiene of sports managers also included. The module explains the possibilities and limits of diagnosis in the hands of the sport manager, including ethical principles. Lecture topics are complemented by practical examples, discussion workshops and training in practical skills.

Module Objective

To introduce students to the basic terminology, paradigm and strategies from the field of psychology in general (including foundations from developmental and social psychology) and their application in the field of sport management.

- Achieve an understanding of personality in relation to internal (developmental) and external (socio-technical) factors, including self-reflection and insight into other personalities and groups.
- To become aware of the psychological essence of leadership and management (leadership) in a wide range of variations of activities and products in the field of sports management, and to acquire knowledge and skills for their application in practice.
- Learn how to use adequate reasoning, communication and motivation to positively influence products in sports management.
- To orientate oneself in the problems of stressful situations, in diagnostics corresponding to the position of a non-psychologist sports manager and respecting ethical requirements.

Literature

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