	PHISICAL AC	TIVIT	Y AND PSCHGOLOGY							
1	Course Title:	PHISICA	AL ACTIVITY AND PSCHGOLOGY							
2	Course Code:	BED212	3							
3	Type of Course:	Optional								
4	Level of Course:	First Cyc	cle							
5	Year of Study:	2								
6	Semester:	3								
7	ECTS Credits Allocated:	5.00								
8	Theoretical (hour/week):	3.00								
9	Practice (hour/week):	0.00								
10	Laboratory (hour/week):	0								
11	Prerequisites:	Absent								
12	Language:	Turkish								
13	Mode of Delivery:	Face to	face							
14	Course Coordinator:	Doç.Dr.	Nimet HAŞIL KORKMAZ							
15	Course Lecturers:									
16	Contact information of the Course Coordinator:	Doç:Dr.N	Nimet Korkmaz							
17	Website:									
18	Objective of the Course:	To understand human behavior and interpersonal interactions takin advanced of psychology, sociology and social psychology.								
19	Contribution of the Course to Professional Development:									
20	Learning Outcomes:									
		1	Reflection of the relationshiop between person and society							
		2	Attitude development							
		3	Personality development							
		4	Using effective methods of stress factor against the drawbacks accurate in Sport							
		5	To practice Relaxation techniques and work of the meditation							
		6	To realize the positive attitudes and behaviors against to aggression and violence in sport							
		7	Understanding the concept of sexuality the effects in sport.							
		8	To learn basic principles the concepts of the "Competition and cooperation" to take advantage of this concept in sport							
		9	Studies of the visualization and to focus on targeted purposes.							
		10	To solve the psychological problems of Sports Injuries.							
21	Course Content:									
		Co	purse Content:							
Week	Theoretical		Practice							
1	Introduction the social psychology									
2	Social cognitive theories of exercise behaviour									
3	Stress and Methods of Coping with Stress									

4	From exercise intention to exercise and beyond	Denavioui							
5	Exercise and the physical self								
6	Social psychology in sport								
7	Motivation								
8	Repeating courses and midterm exa	am							
9	Athletes are emotional, too								
10	Group processes in sport								
11	Aggression								
12	Crowd violence								
13	Attitude								
14	Perception and leadership								
22	Textbooks, References and/or Othe Materials:	r	Dorak,F.&Vurgun,N.,Hentbol-Oyun Duyusundan Hızlı Oyuna, Ege Ünv.Basımevi, İZMİR 2008 Dorak F., Ders Notları, www.ferudundorak.com.tr Atkinson L.R., Atkinson C. R., Hilgard R.E., Psikolojiye Giriş 1, Sosyal Yayınlar, 1995-İSTANBUL. Tiryaki,Ş. Spor Psikolojisi, Eylül Kitabevi,2000. Weinberg,R&Gould,D. Foundations of Exercise and Sport Psychology, Human Kinetics,2003. Tenenbaum G., Eklund C. R., Handbook of Sport Psychology, Wiley, 2007, CANADA. Morris G. C. (çev: Belgin Avvasık. Melike Şavıl). Psikolojivi Anlamak. Türk						
Activit			Number	Duration (hour					
	(ASSESMENT fical		14	3.00	42.00				
TEDMI	EADNING ACTIVITIES	NIIMBE	0	0.00	0.00				
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	ais/Labs Indification	1	25190	5.00	70.00				
	nd Famol preperation	1	251 <b>4</b> 0						
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25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16
ÖK1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	3	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0

ÖK4	4	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	4	0	0	5	0	0	3	0	0	0	0	0	0	0	0	0
ÖK7	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0
ÖK10	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib 1 very low 2 ution Level:			2 low	•	3	Medi	ium		4 Hig	h		5 Ver	y High	l		