

PHISICAL ACTIVITY AND PSCHGOLOGY

1	Course Title:	PHISICAL ACTIVITY AND PSCHGOLOGY	
2	Course Code:	BED2123	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
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.Nimet Korkmaz	
17	Website:		
18	Objective of the Course:	To understand human behavior and interpersonal interactions taking advanced of psychology, sociology and social psychology.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Reflection of the relationship 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:		
		Course Content:	
Week	Theoretical	Practice	
1	Introduction the social psychology		
2	Social cognitive theories of exercise behaviour		
3	Stress and Methods of Coping with Stress		

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																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			