

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: PSYCHOLOGY AND DEVELOPMENTAL PSYCHOLOGY / OA28			
Teacher/Teachers: Tatjana Tubić, PhD			
Subject status: Mandatory			
ECTS credits: 6			
Requirements: None			
Subject aim Subject aim is to acquire knowledge on the basic psychological terms relevant for a successful functioning of a person in general and for understanding the developmental changes, and to ensure the application of the knowledge in the field of sport and physical education.			
Subject outcome It is expected that after the completion of this course the students will have the basic knowledge on the importance and opportunities of applying the psychological knowledge in general, and the knowledge on the characteristics of psychological development and functioning in the life cycles, on the field of physical education and sport.			
Subject content <i>Theory</i> Introduction to sport psychology (subject, issues, history), Personality and sport (definitions of personality, characteristics of a personality, personality types), Personality and sport (theoretical approaches in studying personality, results of psychological studies related to personality and sport), Ability and sport (definition and types of abilities, results of psychological studies related to intellectual abilities and sport), Learning and sport (term and forms of learning, motoric learning, improvement in learning motoric skills, memory and forgetting in motoric learning, transfer in motoric learning), Motivation and sport (definition of motive, motive and related terms, motivational process, manner of manifesting motivation in sports, types of motives, theoretical orientations in explaining motivation sport, some motivational aspects of success in sport), Motivation and sport (theoretical orientations in explaining motivation in sport, Some motivational aspects of success in sport, Socio-psychological factors of success in sport (group structure, group cohesion, group conflicts, group leadership, coach and captain as leaders, Socio-psychological factors of success in sport (non-verbal communication as a socio-psychological factor of success in sport, audience in sport), Psychological preparation of athletes (definition of psychological preparation of athletes, general psychological preparation for a long-lasting period of exercises, psychological preparation for competitions, psychological preparation of a specific competition), Psychological preparation of athletes (methods of psychological preparations of athletes which can be applied by athletes or couch), Psychological preparation of athletes (methods of psychological preparation of athletes requiring the participation of experts), Evaluation of work effects of PE teachers and/or coaches.			
Literature 1) Tubić, T. (2017). Psihologija i sport. Novi Sad: Fakultet sporta i fizičkog vaspitanja. 2) Cox, R. (2005). Psihologija sporta. Jastrebarsko: Naklada Slap. 3) Vesković, A. (2017). Psihologija sporta: odabrane teme. Beograd: Fakultet sporta i fizičkog vaspitanja.			
Number of active teaching classes	Theory: 6	Practice: 0	
Teaching methods Lectures, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	20	written exam	
practice		oral exam	10
term test(s)	50	Other	10
seminar(s)	10		