

FOUNDATIONS OF SPORT AND PHYSICAL ACTIVITY
OVERVIEW of Classes and Assignments

Day	Date	Time	Class	Short Presentations	Applied exercises	Review Presentations
Mon	23/9	14.30-17.00	Introduction			
Tue	30/9	12.00-14.30	Self-Efficacy	Example presentation		
Wed	2/10	09.00-11.30	Self-Esteem			
Wed	9/10				Self-Efficacy – Self-Esteem	
Wed	16/10	09.00-11.30	Anxiety	Self-Efficacy		
Wed	16/10	12.00-14.30	Anxiety	Self-Esteem		
Wed	23/10	09.00-11.30	Team Dynamics	Anxiety		
Wed	23/10	12.00-14.30	Team Dynamics			
Fri	1/11	10.00-14.00	Conference		Anxiety	
Wed						
Wed	13/11	09.00-11.30	Leadership	Team Dynamics		
Wed	13/11	12.00-14.30	Leadership	Leadership		
Wed	20/11				Team Dynamics & Leadership	
Wed	26/11	09.00-11.30	Reviews			Part 1
Wed	26/11	12.00-14.30	Reviews			Part 2

Review topics

Self-efficacy in exercise settings

Collective efficacy

Contemporary research on team cohesion

Resilience research in sport

Team roles in sport - MERLE

ARGIRIS – coach-athlete ???

LINDA - Communication in sport

Anna-Maria – Coach-athlete relationship