1. Assignment 1: Group leading 10% - Applying 2 psychological techniques (e.g., self-talk, goal-setting, relaxation, imagery) of your choice in a group of sport psych students. 10% (January 15 2024)
2. Assignment 2: Presentation (10-15 slides, 10min) of psychological skills’/techniques’ in a club of a sport of your choice. Your goal is to present the psychological skills or techniques of your choice as a product to the manager and the coaches of the club and to persuade them to “buy” it. 30% (January 22 2024)
3. Assignment 3: Essay of a 2000 words (without including the references) of a sport psychology scenario. The essay will include at the beginning a short description of the scenario/problem. Then include a short introduction of the theory that you will apply and a detailed description of the way that you will handle the problem. 60% (23th of Feb 2024). Please send me the assignment 3 to my university e-mail: **nzourba@pe.uth.gr**