

**MODULE**  
**FOUNDATIONS OF SPORT AND EXERCISE PSYCHOLOGY**

**ASSIGNMENTS**

**1. SHORT PRESENTATION (20%)**

Presentation 6-7 minutes of a research paper of your choice.

In each session 3 students present a paper related to the topic of the previous session. The topic should be different from the topic of the review presentation.

**Topics**

- Self-Efficacy (25/10)
- Self-Esteem (25/10)
- Anxiety (31/10)
- Team dynamics (14/11)
- Leadership (14/11)

**2. APPLIED EXERCISES (40%)**

There are 4 topics for the applied exercises 1, 2, 3a and 3b. You should submit 3, including, 1, 2, and 3a or 3b. The deadline for submission and the length of each exercise is specified below. Prepare the document using Times New Roman 12, 1 ½ spacing. Include the title and your name in the first page. The file attached to the mail should be named with the respective number and your name (e.g. "applied1\_hatzigeorgiadis"). Upload your exercise in the designated exercise on the e-class platform.

To prepare an efficient report first read the appropriate material. Then design a list of question to address the issues that are relevant. Try to answer these questions yourself to test whether the responses cover the issues under consideration and the respective theories. For each topic choose a different person and try to develop an in-depth discussion so that you collect enough information. In your report present the issues that were discussed and (this is the most important aspect) how they can be interpreted based on theory (do not report questions/answer in an interview-like format).

**1. Self-Efficacy & Self-Esteem (due 18/10) – approximately 1500 words**

Discuss with 2 persons (non-athletes, exercisers or non-exercisers) of different gender or age about their physical self-perception. Try to identify the factors that shape their perceptions and their importance in shaping general self-esteem. Make a report presenting the most important aspects of the discussion and your interpretation of the information. Develop a short plan for enhancing self-efficacy in physical domains that matter.

**2. Anxiety (due 8/11) - approximately 1500 words**

Discuss with an athlete from an individual sport issues related to his/her pre-competition anxiety (symptoms, causes, intensity and direction, perceptions of impact on performance). Prepare a report focusing on the most important aspects of the discussion. Describe how problems associated (a) with high anxiety intensity and (b) debilitating anxiety perceptions can be dealt with through psychological training techniques (goal-setting, self-talk, relaxation, imagery).

### 3. Team Dynamics & Leadership (13/12) - approximately 1500 words

a. Discuss with a coach issues related to the functioning of the team (goals, identity, roles, cohesion, social loafing) and try to identify strengths but also potential problems. Prepare a report presenting the key issues of the discussion in relation to the group dynamics frameworks.

b. Attend a training session of any sport you like and evaluate (a) coaching behaviours based on the CBAS, and (b) the interaction between the players. Then write a report based on your observations regarding leadership in the team and try to link your observation to the leadership theoretical models.

### 3. PRESENTATION OF LITERATURE REVIEW (40%)

Date: 29/11

Duration of presentation: 15-18 minutes

Choose a topic relevant to the course (a list of relevant topics appear below). Your presentation should have a clear research focus. There is no need to report theory. Introduce the topic and its importance. Identify the research questions and the methodologies that have been used to research the topic. Present the most relevant and representative studies covering the questions and the methods described above. Conclude with a critical comment reflecting research on the topic.

The presentation will be assessed as follows:

- 50% content (appropriateness – efficiency of content)
- 40% presenter (readiness, knowledge, preparation)
- 10% presentation (presentation of content)

In particular, the *content* of the presentation will be assessed as follows:

- 10% introduction – importance of topic
- 20% research questions - methodological approaches
- 50% choice of studies – presentation of findings – flow
- 10% conclusions
- 10% overall impression

General themes (specific suggested topics in separate file)

- Self-Efficacy
- Physical Self-Esteem
- Anxiety & Coping
- Team dynamics
- Leadership