

## PSYCHOLOGY OF THE DEVELOPMENT, PSYCHOLOGY OF EDUCATION

*[in PEDAGOGY AND PSYCHOLOGY AND SOCIOLOGY]*

**Course ID:** M-PSI/04

**ECTS:** 5

**1<sup>st</sup> Year:** 1<sup>st</sup> semester

**Teacher:** PROF. SEPIO Daniela

**Objectives:** Psychology course focuses on important domain or theme in psychology. It includes the major concepts, theoretical perspectives, historical trends, and empirical findings in psychology. It will be used several interactive and applied components for students.

The program emphasizes research and focuses on the study of being physically active. The aim of the course is to explore psychology key concepts and principles in relation to the promotion of wellness and health. For each topic it will be discussed the relation with sport environment and athletes.

### **Program:**

- Introduction to psychology
- Developmental Psychology: main authors and theories
- Biological and genetic development
- Relaxation, imagery and routine. A practical experience
- Learning about individual traits
  - o defining personality,
  - o understanding personality structure,
  - o studying personality from different viewpoints,
  - o personality research on athletes
- Introduction to Sport psychology
- Personality and sport
- Motivation
- Arousal, stress and anxiety
- Emotions and sport
- Sport and exercise environment

**Textbooks:** Material provided by the teacher (handouts)

**Exam method:** Oral exam and Project work evaluation.

Students will be evaluated on: lectures slides and Project work.

How to construct the project work:

- Choose a scientific article for each addressed subject (Developmental psychology, motivation, personality)
- Stage a ppt presentation:
  - o Choose a topic
  - o Give a title to the presentation
  - o Define the topic (definition, theories...)
  - o Bibliography (10-15 international articles about it)
  - o Discussion of two articles among the choose
  - o Practical application (case study): create a model application case Description
  - o Objectives
  - o Possible solutions
  - o Critical analysis
  - o Conclusion