HL103V Sports Psychology for Active Sportsmen and Women 5.0 credits

Idrottspsykologi för aktiva idrottare

This is a translation of the Swedish, legally binding, course syllabus.

If the course is discontinued, students may request to be examined during the following two academic years

Establishment

Course syllabus for HL103V valid from Spring 2019

Grading scale

P, F

Education cycle

First cycle

Main field of study

Technology

Specific prerequisites

General entry requirements

Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

Intended learning outcomes

After completing the course the student should be able to:

- Describe the facts of sports psychology and the effects when practice sports
- Describe how one can influence these facts
- Know how to use the sports psychology knowledge when practice sports
- Apply this knowledge also to studies, working and private life

Course contents

Theoretical and practical knowledge of basic sports psychology:

- Aims, visions and motivation
- Stress handling and mental practice
- Different learning and teaching styles, communication and self-confidence
- Group psychology and group development for improvement
- The principle of the ”Swedish model” within sports

Course literature

Hassmén, Peter m fl: Idrottspsykologi

Examination

- TEN1 - Examinatin, 5.0 credits, grading scale: P, F

Based on recommendation from KTH’s coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.