

Course Description Form

1. Course Name	
Sports Psychology/Fourth Stage	
2. Course Code	
SESS26F4011	
3. Semester/Year	
2025 -2026	
4. Date of preparation of this description	
February/ 2026	
5. Available Attendance Forms	
In-person/theoretical	
6. Number of credit hours (total) / number of units per week	
2 hours per week / 4 units	
7. Course administrator's name (if more than one name is mentioned)	
Prof. Dr. nibras Youns mohammed	nbras.younis@uomosul.edu.iq
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Assist. Lecturer Mohammed Abdulsalam Hazim	mhmd.abdalsalam90@uomosul.edu.iq
8. Course Objectives	
Course Objectives	- At the end of the course, students should be able to perform certain psychological skills. - At the end of the course, students should be able to utilize sports psychology in their future professional lives. - At the end of the course, students should be able to use sports psychology to support other academic subjects.
9. Teaching and learning strategies	
Strategy	1-Lecture Method 2- Advanced Lecture Method 3- Blended Learning Method 4- E-Learning Method

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	What is sports psychology? / History of the emergence of sports psychology. Fields of sports psychology. Tasks of sports psychology.	Sports Psychology	2 hours	1
Group evaluation	Lecture	Motor learning / Definition of learning / Learning necessities / Learning conditions	Foundations of learning	2 hours	2
Group evaluation	Lecture	Learning Steps / Learning Theories / Thorndike's Theory (Association Theory)	motor learning	2 hours	3
Group evaluation	Lecture	Reinforcement/Remembering and Forgetting	The educational process	2 hours	4
Group evaluation	Lecture	Time division / intellectual exercise / privacy in learning	learning conditions	2 hours	5
Group evaluation	Lecture	Personality Concept / Personality Components / Personality Theories / Personality Measures	Character	2 hours	6
Group evaluation	Lecture	The Relationship Between Personality and Activity Developing Traits Through Sports Activity The Role of School Sports in Personality Development	The impact of physical education lessons on personality formation	2 hours	7
Group evaluation	Lecture	The concept of motives and needs / The purposes of motivation / The sources of motivation / Ways of using needs to motivate athletes	Motives for Sports Activity and Their Development / Incentives, Motivations and	2 hours	8

			Needs		
Group evaluation	Lecture	Ways to use needs to motivate athletes	The concept of motives and needs	2 hours	9
Group evaluation	Lecture	Motivational Purposes / Motivational Sources Ways of Using Needs to Motivate Athletes	incentives, motives, and needs	2 hours	10
Group evaluation	Lecture	Motivation Formation Individual and Collective Motivations	The relationship between motivation and activity	2 hours	11
Group evaluation	Lecture	Developing motives and desires	The relationship between motivation and activity	2 hours	12
Group evaluation	Lecture	The concept of psychological attitude / Components of psychological attitude / Changing attitudes / Types of attitudes	Psychological trend	2 hours	13
Group evaluation	Lecture	Sensation and perception / The relationship between the development of skills and the processes of sensation and perception / The concept of intelligence / Methods of measuring intelligence / The relationship between	Mental processes in sports activity Intelligence	2 hours	14
		First semester theoretical exam for previous theoretical subjects	First semester theoretical exam for previous theoretical subjects	2 hours	15

Group evaluation	Lecture	First semester material review	First semester material review	2 hours	16
Group evaluation	Lecture	Characteristics of Students with Low Achievements The Impact of Low Achievement on Personality Development	students with weak levels	2 hours	17
Group evaluation	Lecture	The concept of the group / Types of groups / Group cohesion / Group disintegration / The importance of social factors in the physical education lesson	Social factors affecting athletic performance	2 hours	18
Group evaluation	Lecture	fear and anxiety	psychological emotions	2 hours	19
Group evaluation	Lecture	General concepts	psychological emotions	2 hours	20
Group evaluation	Lecture	Courage and courage in physical education	courage and boldness	2 hours	21
Group evaluation	Lecture	The concept of psychological trauma / Types of psychological trauma / Effects of psychological trauma	psychological shock	2 hours	22
Group evaluation	Lecture	Psychological Problems in Racing Pre-Start Conditions	High-level sports	2 hours	23
Group evaluation	Lecture	Components of success	High-level sports	2 hours	24

		and failure experiences			
Group evaluation	Lecture	Fever-onset state/apathy state	Long-term psychological preparation	2 hours	25
Group evaluation	Lecture	Neurological Type / Previous Experience / Training Status / Competition Level / Importance of Competition Competition System	Factors affecting pre-onset condition	2 hours	26
Group evaluation	Lecture	Dimensions / Shipping / Organization of familiarity with match situations	Short-term psychological preparation	2 hours	27
Group evaluation	Lecture	The importance of experiences of success and failure	Experiences of success and failure	2 hours	28
Group evaluation	Lecture	Ambition level	The importance of experiences of success and failure	2 hours	29
Group evaluation	Lecture	Second semester theoretical exam Final theoretical exam for all subjects			30

11. Course Evaluation

The grade is distributed as follows:

1. The first semester exam, worth (25) points.
2. The second semester exam, worth (25) points.

3. The end-of-year exam, worth (50) points

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Sports Psychology (2000) Nizar Al-Talib, Kamel Louis
Key references (sources)	Osama Kamel (1998)
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	

Name and signature of the course holder

Prof. Dr. nibras Youns mohammed

Prof. Dr. Nagham Mahmoud

Asst. Prof. Dr. Mahmoud Mutar Ali

Asst. Lect. Mohammed Abdul Salam Hazim

Name and signature of the head of the department or branch

Prof. Dr. Nawfal Fadel Rashid

