

Sports psychology

Subject vocabulary

Psychology and sports psychology

Fields of sports psychology Sports psychology tasks

Learning and motor learning

Remembering and forgetting

Dividing the pillars of the exercise/intellectual exercise. Specificity

Personality, its components and theories

Personality measures, development of personality traits

Incentives and motivation purposes

Exam

Formation of motives, types and classification of motives

Ways to use needs

Psychological attitude attitude components theories

Configure and change directions

Exam

Capacity - objectivity - readiness

Mental processes

Intelligence

Students with weak levels

Group, types

Theoretical subject

Collective cohesion and fracture - social factors

Exam

Anxiety - its types

psychological shock

Courage and boldness

Psychological problems

Psychological preparation - long - short

success and failure

Exam