

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KSK/J2KOM/22*

Course title: *Sports Communication in practice*

Type, scope and method of educational activity:

Type of educational activity: *Seminar*

Scope of educational activity: *1 hour per week, 13 per semester*

Method of educational activity:

Number of credits: *2*

Recommended semester:

2nd year WT teacher training in physical education (TvJM)

Study grade:

Prerequisites:

Conditions for passing the course:

Form of assessment:

The subject is completed by continuous assessment.

Final evaluation:

By the end of the academic part of the semester, the student must complete the following prerequisites for obtaining credits for the course completed with a continuous assessment (regular term):

- active participation in lectures and seminars (present, combined, or distance form),*
- successful completion of the knowledge test.*

Active participation in the distance or combined form of study is considered that the student must view all lectures that can be found in the e-learning website Moodle in the course Communication in sport for all by the 13th week of the teaching part of the semester and actively participate in online learning through MS Teams.

During the 13th week of the semester, the student will take a midterm knowledge test in the following areas: characteristics of the concepts and process of communication, verbal and non-verbal communication and its categories, principles of effective communication of coaches and teachers, pitfalls of communication with specific types of parents and players in specific situations, motivational climate and communication principles, diagnosing coaches' and teachers' communication competencies, preparation of coaches' pre-game and post-game speeches, coach communication during rest periods and breaks, coach communication and psychological variables of players/sports performance, coaching one's own child.

In the scope of the Study Regulations of PU in Prešov (2018):

- students' participation in direct instruction classes is compulsory (unexcused absence from direct instruction is evaluated as failure to meet the conditions for successful completion of the course),*
- during the examination period of the semester, the student is entitled to one make-up period,*
- the overall grade for the course is determined by a grading scale consisting of six grading levels with success criteria for each level as follows: A (excellent): 100.00-90.00 %; B (very good): 89.99-80.00 %; C (good): 79.99-70.00 %; D (satisfactory): 69.99-60.00 %; E (fair):*

59.99-50.00 %; and FX (unsatisfactory): 49.99 % or less.

The student will receive credit for the course with a grade of A - E.

Learning outcomes:

If successfully completed the course, the student will acquire the following:

Knowledge:

- define the relationship between the communication skills of the coach (instructor) and the psychological variables or sport performance of the subjects,*
- compare communication strategies and principles in different parts of the training and competition process,*
- categorise the basic verbal and non-verbal elements of the coach's communication (instructor),*
- explain the basic processes of creating a positive and negative motivational climate through communicative discourse.*

Skills:

- know own effective and ineffective verbal and non-verbal communication discourse,*
- distinguish between effective and ineffective verbal and non-verbal communication strategies in specific situations of the training and competition process,*
- correctly use selected communication principles to create positive motivation in communicative interaction,*
- implement elements of assertive communication and adapt them to psychological variables of the subjects.*

Competencies:

- act based on ethical principles in the application of communication principles in training and competitive process,*
- to apply the acquired theoretical knowledge in solving communication problems during the training process,*
- adapt to and manage situations under pressure through communication principles applicable in practice,*
- be critical and self-critical in solving communication problems with specific types of specific subjects and in specific situations.*

Course content:

- Sports communication: introduction to the subject, characteristics of concepts and the communication process.*
- Non-verbal communication and its categories.*
- Verbal communication and its categories.*
- Principles of effective communication of coaches.*
- Pitfalls of communication with specific types of parents.*
- Pitfalls of communication with specific types of players.*
- The pitfalls of communication in specific situations.*
- Motivational climate and communication principles (responding to performance and effort, responding to mistakes, maintaining order and discipline, reaction to violation of team rules).*
- Diagnosing coaches' communication competences.*
- Preparation of the coach's pre-match speech.*
- Preparation of the coach's post-match speech.*
- Communication during rest periods and breaks.*
- Coach communication and psychological variables of players.*
- Coach communication and sport performance.*
- Coaching your own child.*

Recommended literature :

KAČÚR, P., 2020. Možnosti zlepšenia komunikácie medzi trénerom a rodičmi – odporúčania do praxe [print]. In: *Telesná výchova a šport [print] : vedecký a odborný recenzovaný časopis Slovenskej vedeckej spoločnosti pre telesnú výchovu a šport*. Roč. 30, č. 3, s. 33-35. ISSN 1335-2245.

KAČÚR, P. a T. KOVALÍK SLANČOVÁ., 2020. The influence of the mastery approach to coaching on coaches' verbal feedback patterns [print] In: *Sport Science [print, elektronický dokument]. International Scientific Journal of Kinesiology*. Roč. 13, č. 2, s. 31-39. ISSN 1840-3662. ISSN 1840-3670.

SLANČOVÁ, D., SLANČOVÁ, T. 2014. Reč pohybu, autority a súdržnosti. Prešov: PU v Prešove, Fakulta športu. ISBN 978-80-555-1115-3.

PALA, G. a J. BEŇKOVÁ., 2020. Stručné kompendium teórie komunikácie. Prešov: Prešovská univerzita v Prešove. ISBN 978-80-555-2435-1.

MURPHY, K., 2021. Nepočúvaš ma: čo nám v komunikácii uniká a prečo na tom záleží. Bratislava: Eastone Books. ISBN 978-80-8109-419-4.

DLABAL, M., 2021. Komunikace v pomáhajících profesích. Praha: Portál. ISBN 978-80-262-1806-7.

DEVITO, J. A., 2008. Základy mezilidské komunikace. Praha: Grada Publishing, ISBN: 978-80 -247-2018-0.

DIMUNOVÁ, J., 2008. Kompendium komunikace. Uherský Brod: Eurotisk, ISBN: 978-80-254 -2002-7.

KASA, J., 1996. Neverbálne komunikácie v telesnej výchove a športe. In *Telesná Výchova a Šport*, č. 2, s. 4 – 5.

MARTENS, R., 2006. Úspěšný trenér. Praha. Grada Publishing, ISBN: 80-247-1011-0.

SMITH, E. R. a F. L. SMOLL, 2009. Youth Enrichment in Sports. [online]. [cit. 2010-02-14]. Dostupné z: <http://www.y-e-sports.com/CoachEducation.html>

E-learningový modul predmetu: <https://elearning.unipo.sk/course/view.php?id=296>

Notes:

Student load distribution: total load = 60 hrs.

– contact teaching: 10 hrs.

– self-study of lectures and materials in the Moodle system: 15 hrs.

– self-study for the continuous knowledge test: 35 hrs.

Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.

Course evaluation:

Total number of students evaluated: 155

| A | B | C | D | E | FX |
|-----|-----|-----|-----|----|----|
| 28% | 30% | 23% | 10% | 8% | 1% |

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Peter Kačúr, PhD., univer. docent, co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

Approved by: prof. PaedDr. Jaromír Sedláček, PhD.