<table>
<tr><td>Subject</td><td colspan="3">Sport and Play for Mental Health and Wellness</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>ELECTIVE (E)</td><td>1</td><td>3</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr. Sc. Sami Sermaxhaj</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">• To understand the psychological and physiological benefits of sport and play for mental health.
• 2. To analyze the role of physical activity in managing mental health conditions such as anxiety, depression, and stress.
• 3. To explore the cultural, social, and individual factors influencing participation in sport and play for mental wellness.
• 4. To equip students with practical tools and strategies to incorporate sport and play into mental health programs.
• 5. To evaluate evidence-based interventions and practices related to sport and mental health.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">Upon successful completion of this course, the student should:
• Identify and describe the psychological and physiological mechanisms through which sport and play influence mental health.
• Explain key concepts such as flow, resilience, and social support in the context of sport and play.
• Design sport and play-based interventions to address specific mental health challenges.
• Assess the impact of various types of physical activity on mental wellness using evidence-based approaches.
• Critically evaluate research studies on sport and mental health.
• Analyze barriers to participation in sport and recreational activities and propose strategies to overcome them.
• Develop a wellness plan incorporating sport and play for individuals or groups.</td></tr>
<tr><td>Content</td><td colspan="3"><table>
<tr><td>Week</td><td>Topics</td></tr>
<tr><td colspan="2">Syllabus presentation</td></tr>
<tr><td>1</td><td>Introduction to sport psychology and mental health.</td></tr>
<tr><td>2</td><td>Theories of play and its role in psychological development.</td></tr>
<tr><td>3</td><td>Stress reduction and emotional regulation.</td></tr>
<tr><td>4</td><td>The role of neurotransmitters and endorphins.</td></tr>
<tr><td>5</td><td>Team sports, social bonding, and mental health.</td></tr>
<tr><td>6</td><td>Addressing isolation and loneliness through recreational activities.</td></tr>
<tr><td colspan="2">Mid-term exam – 1</td></tr>
<tr><td>7</td><td>Designing sport-based mental health programs.</td></tr>
<tr><td>8</td><td>Adapting activities for specific populations (e.g., youth, elderly, trauma survivors).</td></tr>
<tr><td>9</td><td>Cultural and socioeconomic factors.</td></tr>
<tr><td>10</td><td>Promoting inclusivity and accessibility in recreational programming.</td></tr>
<tr><td>11</td><td>Assessing the impact of interventions.</td></tr>
<tr><td>12</td><td>Innovations and future trends in sport and mental health.</td></tr>
<tr><td colspan="2">Mid-term exam – 2</td></tr>
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<tr><td>Teaching/Learning Methods</td><td colspan="3"><table>
<tr><td>Activity</td><td>Weight (%)</td></tr>
<tr><td>Lectures</td><td>40</td></tr>
<tr><td>Lab</td><td>40</td></tr>
<tr><td>Research</td><td>10</td></tr>
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	Independent learning		10
Assessment Methods	**Methods of assessment:**		Weight (%)
	Participation		10
	a) Mid-term exam -1		20
	b) Mid-term exam – 2		20
	Lab		20
	Individual and group work		30
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	1	12
	Lab	1	12
	Independent learning	n/a	36
	Examination preparation	n/a	15
Literature	1. Bailey, R., & Armour, K. (2017). *The Role of Sport in Mental Well-Being*. Oxford University Press. 2. Carr, S. (2020). *Play for Life: Play, Sport, and Psychological Growth*. Routledge. 3. Eime, R. M., & Harvey, J. T. (2018). *Sport Participation and Mental Health Benefits: A Meta-Analysis*. Springer.Ethics in Sport" by William J. Morgan.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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