

## 60852 - Psychological variables in evaluation and prescription of physical exercise

### Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	549 - Master's in Evaluation and Physical Training for Health
ECTS	3.0
Course	1
Period	Second semester
Subject Type	Optional
Module	---

### 1. Basic info

#### 1.1. Recommendations to take this course

#### 1.2. Activities and key dates for the course

### 2. Initiation

#### 2.1. Learning outcomes that define the subject

Students will be able to identify the different periods that make up a research about promoting physical activity and to link with theories, models and variables of influence.

Students will be able to identify different factors that influence the practice of physical activity and sedentary behaviors in adolescents.

Students will be able to critically evaluate different intervention possibilities for improving levels of physical activity in adolescents within school and extracurricular intervention contexts.

#### 2.2. Introduction

### 3. Context and competences

#### 3.1. Goals

#### 3.2. Context and meaning of the subject in the degree

#### 3.3. Competences

#### 3.4. Importance of learning outcomes

### 4. Evaluation

### 5. Activities and resources

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### **5.1. General methodological presentation**

### **5.2. Learning activities**

### **5.3. Program**

#### 2: CONTENTS

I.- Social cognitive theories used to explain PA practice in adolescents.

1.1. Eccles model (model expectation / value)

1.2. Theory of planned behavior

1.3. Transtheoretical model

1.4. Social cognitive theory and self-efficacy theory

1.5. Self-determination theory (TAD)

TAD II: Motivational elements in PA practice. Conceptual and practical insights into the theory of self-determination.

2.1 Conceptual Approach:

- Continuum of motivation regarding PA
- Basic psychological needs
- Social factors (teacher, parents, friends) that influence the practice of PA.
- Hierarchical Model of Vallerand

2.2. Practical approach:

- Intercultural analysis of SDT.

Methodological problems in the measurement of psychological variables: intercultural perspective.

Example of an intercultural project: EPAPA project. - Motivational interviewing: advice and guidance.

### **5.4. Planning and scheduling**

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### **5.5. Bibliography and recommended resources**