

Información del Plan Docente

Academic Year	2017/18
Faculty / School	301 - Facultad de Ciencias Sociales y Humanas
Degree	270 - Degree in Psychology
ECTS	6.0
Year	
Semester	Four-month period
Subject Type	Optional
Module	---

1.General information**1.1.Introduction****1.2.Recommendations to take this course****1.3.Context and importance of this course in the degree****1.4.Activities and key dates****2.Learning goals****2.1.Learning goals****2.2.Importance of learning goals****3.Aims of the course and competences****3.1.Aims of the course****3.2.Competences****4.Assessment (1st and 2nd call)****4.1.Assessment tasks (description of tasks, marking system and assessment criteria)****5.Methodology, learning tasks, syllabus and resources****5.1.Methodological overview****5.2.Learning tasks****5.3.Syllabus**

The course will address the following topics:

25933 - Social psychology of sport and physical exercise

1. Introduction to Sports Psychology: theory and practice
2. Sports, Health and Psychological wellbeing
3. Psychological factors in Sports
4. Psychological skills in Sports
5. Sports in specific target groups

5.4.Course planning and calendar

5.5.Bibliography and recommended resources