

26314 - Psychology of physical activity and sport

Información del Plan Docente

Academic Year	2017/18
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	9.0
Year	2
Semester	Annual
Subject Type	Basic Education
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

1. Introduction: Physical Activity and Sport Psychology

1.1. Object of study

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- 1.2. Multidisciplinarity and ethics of professional practice in the field of Physical Activity and Sport
2. Behavioral Assessment in the field of Physical Activity and Sport
 - 2.1. Functional analysis of behavior
 - 2.2. Psychological assessment methods
 - 2.3. Planning hypotheses process regarding psychological assessment and intervention
 - 2.4. Evaluation Program
3. Learning Paradigms
 - 3.1. classical conditioning (Pavlovian)
 - 3.2. operant (instrumental)
 - 3.3. Vicarious learning (observation, imitation)
 - 3.4. biofeedback
 - 3.5. Theories and learning processes concerning psychosocial development
4. Psychosocial development throughout the life and its relationship to Physical Activity and Sport
 - 4.1 Introduction: Psychology and Development
 - 4.2 Game, physical activity, sport and psychological development in childhood
 - 4.3 Physical activity, sport and psychological development in adolescence
 - 4.4 Physical activity, sport and psychological development in adulthood
 - 4.5 Physical activity, sport and psychological development in the elderly
5. Personality and psychological variables involved in Physical Activity and Sport.
 - 5.1. Personality: conceptualization and theoretical models.
 - 5.2. Personality and its relation to physical activity and sport
 - 5.3. Psychological variables involved in physical activity and sport:
 - 5.3.1. Stress
 - 5.3.2. Anxiety
 - 5.3.3. Activation Level
 - 5.3.4. Locus of Control
 - 5.3.5. Attribution
 - 5.3.6. Cognitive styles
 - 5.3.7. Self-confidence (self-efficacy)
 - 5.3.8. Motivation
 - 5.3.9. Team cohesion
6. Basics and preventive strategies behavioral disorders related to physical activity and sport.
 - 6.1. Conceptualization and evaluation of behavioral disorders.
 - 6.2. Behavioral disorders and preventive strategies in the field of physical activity and sport:
 - 6.2.1. psychological exhaustion
 - 6.2.2. States and pathological anxiety behaviors
 - 6.2.3. Depression states
 - 6.2.4. disorders related to food and weight control
 - 6.2.5. Personality disorders
 - 6.2.6. Sleep disorders
 - 6.2.7. Drug Addiction
 - 6.2.8. Interpersonal problems
7. Training and counseling with social agents involved in the practice of physical activity and sport: coach, teacher, parents, referees and sports judges, sports officials
 - 7.1. The "training of trainers" in the field of physical activity and sport
 - 7.2. Training and advice to coaches and parents of young athletes
 - 7.3. Training and counseling with social agents involved in grassroots sport for unsportsmanlike prevention, anti-social behavior and other risk behaviors
8. Athletic performance Psychology
 - 8.1. Conceptualizing athletic performance
 - 8.2. Psychological characteristics involved in competitive sport
 - 8.3. Training in psychological skills involved in athletic performance
 - 8.4. Requirements sports competition in grassroots sport
9. Psychology of Sports Management
 - 9.1. Objectives and types of actions in Human Resources Management
 - 9.1.1. Engineering Human Resources
 - 9.1.2. Organizational behavior

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9.2. Examples of professional practice in the field of Human Resources Management performed by professionals in physical activity and sport:

9.2.1. Evaluation of psychological demands on job performance of different groups of workers in sports organizations

9.2.2. Support measures to improve the organizational design: analysis and description of jobs

9.2.3. Advice and direct intervention in the process of recruitment

9.2.4. Improving competition of different groups of workers in sports organizations through actions formative social skills

9.2.5. Advice for studies of service quality in sports organizations

9.3. The processes of coaching and teaching in different career paths of degree / graduate in science of physical activity and sport

10. Methodological foundations for research and professional practice in Physical Activity and Sport Psychology

10.1. Methods, research designs and techniques in Physical Activity and Sport Psychology

10.2. Basics of data analysis applied to the evaluation and measurement of psychological variables

10.3. Scientific methodology in the exercise of professional practice and research

5.4.Course planning and calendar

5.5.Bibliography and recommended resources