

## 25933 - Social psychology of sport and physical exercise

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 25933 - Social psychology of sport and physical exercise

**Faculty / School:** 301 -

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:** 2

**Semester:** First Four-month period

**Subject Type:** Optional

**Module:**

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on an active methodology that favors the development of critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, autonomous work and assessment tasks.

Students are expected to participate actively in the class throughout the semester.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other learning resources. Further information regarding the course will be provided on the first day of class.

#### 4.2.Learning tasks

The course includes 6 ECTS organized according to:

- Lectures (3 ECTS): 30 hours.
- Practice sessions (3 ECTS): 30 hours.

#### 4.3.Syllabus

The course will address the following topics:

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

#### **4.4.Course planning and calendar**

For further details concerning the timetable, classroom and further information regarding this course please refer to the "Facultad de Ciencias Sociales y Humanas" website (<http://fcsh.unizar.es/psicologia/>)

#### **4.5.Bibliography and recommended resources**