Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 281105 **Name:** Sport Psychology

Credits: 6,00 **ECTS Year:** 1 **Semester:** 2

Module: 1) Basic formation Module

Subject Matter: Behavioral and social foundations of human motor skills. **Type:** Basic Formation

Field of knowledge: Ciencias sociales y Jurídicas.

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

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Module organization

1) Basic formation Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Biological and mechanical foundations of human motor skills.	36,00	Biochemistry and Human Physiology	9,00	1/2
		Biomechanics of Physical Activity	6,00	2/1
		Human Anatomy	9,00	1/2
		Kinesiology	6,00	2/1
		Physiology of Exercise	6,00	2/1
Behavioral and social foundations of human motor skills.	24,00	History and Sociology of Physical Activity and Sport	6,00	1/2
		Sport Psychology	6,00	1/2
		Statitics and Data Processing	6,00	2/2
		Technology Applied to Physical Activity and Sport	6,00	1/1

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

R1 dentify the determinants of self-confidence and motivation in the context of physical education, physical exercise and sport, as well as its effect on adherence to physical and / or sporting exercise, and on sports performance.

R2 Know and identify the motivational variables that favor adherence to the practice of physical exercise and sport, as well as the optimal psychosocial development of the practitioner.

R3 dentify strategies that allow generating group dynamics that promote cohesion, conflict resolution and the transmission of educational and performance values ??that favor performance and well-being in the context of physical education, physical exercise and sports.

R4 Identify the attentional processes that intervene in the learning and practice of exercise and sport, and apply them to provide effective instructions and to use teaching and training methodologies that consider.

R5 Identify the cognitive and behavioral mechanisms involved in the anxiety response, as well as acquire resources to manage said response and to generate favorable learning and performance environments.

Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	Understand the scientific literature in English and in other languages ??of significant presence in the scientific field through proper information management.			x	
CG2	Know how to apply information and communication technologies (ICT).				x
CG4	Convey any related information properly both in writing and orally.				x
CG5	Plan and organize any activity efficiently.	x			
CG10	Develop skills for adaptation to new situations and for autonomous learning.				x
CG13	Be able to apply theoretical knowledge in practice.				x
CG14	Use the internet properly as a means of communication and as a source of information.				x
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question.		x		
CG19	Develop habits of excellence and quality in professional practice.			x	

SPECIFIC		Weighting			
		1	2	3	4

CE 1.1	Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).	x	
CE 1.2	Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention of physical activity and sport.		x
CE 1.3	Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.	x	
CE 1.4	Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity.	x	
CE 2.1	Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.	x	

CE 3.1	Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote the adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their integral health, well-being and quality of life, and with emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disability and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor) attending gender and diversity.	x		
CE 3.3	Articulate and deploy promotion, orientation, coordination, supervision and technical-scientific evaluation programs of physical activity, physical exercise and sport for the entire population, with an emphasis on populations of a special nature, with presence by a professional or carried out autonomously by the citizen, in the different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sport education; physical training and sports; physical exercise for health; direction of physical activity and sport) according to the possibilities and needs of the citizens, in order to achieve their autonomy, understanding, and greater and adequate practice of physical activity and sport.	x		
CE 6.2	Analyze, review and select the effect and efficacy of the practice of research methods, techniques and resources and Scientific work methodology, in solving problems that require the use of creative and innovative ideas.		x	
CE 7.1	Know and know how to apply the ethical and deontological principles and of social justice in the performance and professional involvement as well as having habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.	x		
CE 7.2	Know, elaborate and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations for the professional practice of Graduates in Physical Activity and Sports Sciences, in any sector professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sports); as well as being able to develop a multidisciplinary work	x		

CE 7.3	Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduated in Sciences of Physical Activity and Sports as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the goals and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all the physical-sports services offered and provided and in any sector professional of physical activity and sports.	x		

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	60,00%	Written / oral and / or practical tests.
R1, R2, R3, R4, R5	40,00%	Active participation.

Observations

·The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.

·It is necessary to obtain 40% in all the instruments to pass the subject. If this criterion is not met, the student will be graded with a maximum of 4.5 in said call.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M2 Group dynamics and activities.

M3 Practical lesson.

M4 Presentation of content by the teacher.

M5 Laboratory practices.

M7 Small group discussion.

M8 Resolution of problems and cases.

M9 Attendance at practices.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4, M7	R1, R2, R3, R4, R5	40,00	1,60
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M7, M8	R1, R2, R3, R4, R5	14,00	0,56
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M7	R1, R2, R3, R4, R5	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2, R3, R4, R5	4,00	0,16
TOTAL		**60,00**	**2,40**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R1, R2, R3, R4, R5	45,00	1,80
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M8	R1, R2, R3, R4, R5	45,00	1,80
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 Introduction to sports psychology	Introduction to sports psychology
2 Causal attribution in the context of physical and sports activity	Causal attribution in the context of physical and sports activity
3 Self-confidence-self-efficacy in the context of physical and sports activity	Self-confidence-self-efficacy in the context of physical and sports activity
4 Motivation in the context of physical and sports activity	Motivation in the context of physical and sports activity
5 The sports group: Group performance and cohesion	The sports group: Group performance and cohesion
6 Leadership in the context of physical and sports activity	Leadership in the context of physical and sports activity
7 Attention-concentration in the context of physical and sports activity	Attention-concentration in the context of physical and sports activity
8 Activation, anxiety and stress in the context of physical and sports activity	Activation, anxiety and stress in the context of physical and sports activity

Temporary organization of learning:

Block of content	Number of sessions	Hours
1 Introduction to sports psychology	2,00	4,00
2 Causal attribution in the context of physical and sports activity	4,00	8,00
3 Self-confidence-self-efficacy in the context of physical and sports activity	4,00	8,00
4 Motivation in the context of physical and sports activity	5,00	10,00
5 The sports group: Group performance and cohesion	4,00	8,00
6 Leadership in the context of physical and sports activity	3,00	6,00
7 Attention-concentration in the context of physical and sports activity	3,00	6,00
8 Activation, anxiety and stress in the context of physical and sports activity	5,00	10,00

References

BASIC

·Weinberg, R.S., & Gould, D. (2010). Fundamentos de psicología del deporte y el ejercicio físico. Madrid: Editorial Médica Panamericana

·Cox, R.H. (2007). Psicología del deporte. Conceptos y sus aplicaciones. Madrid: Editorial Médica Panamericana.

COMPLEMENTARY

·Hernandez Mendo, A. (2005). Psicología del Deporte (Vol I). Sevilla: Wanceulen.

·Hernandez Mendo, A. (2005). Psicología del Deporte (Vol III). Sevilla: Wanceulen.

·Olmedilla, A., Garcés de los Fayos, E.J., & Nieto, G. (2002). Manual de Psicología del Deporte. Murcia: Diego Martín.

·Dosil, J. (2004). Psicología de la Actividad Física y del Deporte. Madrid: McGraw-Hill.

·Márquez, S. (2004). Ansiedad, estrés y deporte. Madrid: EOS