



## 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 Training Module

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

**Field of knowledge:** Health Sciences

**Department:** Basic Sciences and Cross-disciplinary Subjects

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

### Lecturer/-s:

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## Module organization

### 1) Basic Training 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
		Statistics 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 Identify determinants of self-confidence and motivation in the context of physical education, exercise, and sports, as well as their impact on adherence to physical activity and/or sports and overall athletic performance.
- R2 Recognize motivational variables that enhance adherence to physical exercise and sports practice, as well as optimal psychosocial development for practitioners.
- R3 Identify strategies for creating group dynamics that promote cohesion, conflict resolution, and the transmission of educational and performance-related values in the context of physical education, exercise, and sports.
- R4 Understand attentional processes involved in learning and practicing exercise and sports, and apply them to provide effective instructions and utilize teaching and training methodologies.
- R5 Recognize cognitive and behavioral mechanisms related to anxiety responses, acquire resources to manage such responses, and create 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):

Weighting				
1	2	3	4	



## 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 and/or practical tests.
R1, R2, R3, R4, R5	40,00%	Exercises and Practices in the Classroom.

### Observations

- Students may keep the assessment instruments they have passed for 3 years after their first enrolment.
- 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 this exam session.
- According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published on the platform of each group at the student's disposal.

## Learning activities

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

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M4 Practical laboratories.



- M5      Presentation of content by the teacher.
- M6      Practical lesson.
- M7      Group dynamics and activities.





## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<b>THEORETICAL CLASS:</b> Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M3, M5, M7	R1, R2, R3, R4, R5	40,00	1,60
<b>PRACTICAL CLASS / SEMINAR:</b> Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M2, M3, M6, M7	R1, R2, R3, R4, R5	14,00	0,56
<b>EVALUATION:</b> Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M7	R1, R2, R3, R4, R5	4,00	0,16
<b>TUTORING:</b> Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M3	R1, R2, R3, R4, R5	2,00	0,08
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M7	R1, R2, R3, R4, R5	45,00	1,80
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2	R1, R2, R3, R4, R5	45,00	1,80
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

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





## Temporary organization of learning:

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

## References

### BASIC REFERENCES:

- 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 REFERENCES:

- 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