## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 281008 **Name:** Basic Psychology

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

**Module:** 1) Common Basic Training Module.

**Subject Matter:** Psychology **Type:** Basic Formation

**Field of knowledge:** Basic Sciences

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

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

**Languages in which it is taught:**


**Lecturer/-s:**

# Module organization

## 1) Common Basic Training Module.

| Subject Matter | ECTS | Subject | ECTS | Year/semester |
|---|---|---|---|---|
| Psychology | 12,00 | Basic Psychology | 6,00 | 1/1 |
| | | Sports Psychology | 6,00 | 2/1 |
| Human Anatomy | 6,00 | Human Anatomy | 6,00 | 1/1 |
| Biochemistry | 6,00 | Biochemistry | 6,00 | 1/1 |
| Human Physiology | 6,00 | Human Physiology | 6,00 | 1/2 |
| Statistics | 6,00 | Statistics | 6,00 | 1/2 |
| Sociology | 6,00 | Sociology. Sports Sociology | 6,00 | 2/2 |
| History of physical activity | 6,00 | History of Physical Activity | 6,00 | 2/2 |

Universidad
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**Course
guide**

**Year 2024/2025**
**281008 - Basic Psychology**

## 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 | Knowing the psychological terminology and most representative experimental paradigms in this field of study. |
| R2 | Knowing the different existing psychological tendencies. |
| R3 | Knowing and differentiating the various psychological processes. |
| R4 | Knowing the evolution of the psychological functions of the human being and alterations. |
| R5 | Knowing how to relate the different psychological basic processes. |
| R6 | Being able to analyze, interpret and relate the theoretical contents. |
| R7 | Handling adequately the working techniques and the documentary sources specific to the subject. |
| R8 | Recognizing the application of psychological processes in their practice. |
| R9 | Being able to apply the research procedures commonly used in the study of human behaviour. |
| R10 | Transmitting and communicating theoretical and practical aspects related to basic psychology. |

## 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 | Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information | | | | x |
| CG2 | Ability to apply information technology and communication (ICT) | x | | | |
| CG3 | Develop skills to solve problems through decision-making | | | x | |
| CG4 | Transmit any information regarding the contents of body expression both in writing and orally | | | x | |
| CG5 | Plan and organize any activity efficiently | | x | | |
| CG6 | Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary | | x | | |
| CG7 | Be capable of critical reasoning using the knowledge gained | | | | x |
| CG8 | Being able to recognise multicultural and diverse environment | x | | | |
| CG9 | Knowing and complying with the professional ethics necessary to work | x | | | |
| CG10 | Develop skills to adapt to new situations and autonomous learning | | | x | |
| CG11 | Develop skills for creativity, initiative and entrepreneurship | | x | | |
| CG12 | Developing leadership abilities | x | | | |
| CG13 | Being able to apply theoretical knowledge in practice | | x | | |
| CG14 | Use Internet well as communication and as a source of information | x | | | |

| | | | | | |
|---|---|---|---|---|---|
| CG15 | Conveying the acquired knowledge both to specialists in the subject and to people who are not experts on it | | x | | |
| CG16 | Understanding other specialists proposals and communicating with them both in the student's own language and in a foreign language | x | | | |
| CG17 | Learn about other cultures and customs and be able to adapt its activities to them | x | | | |
| CG19 | Developing habits aiming at obtaining excellence and quality at work | | x | | |

| SPECIFIC | | Weighting | | | |
|---|---|---|---|---|---|
| | | **1** | **2** | **3** | **4** |
| CE4 | Knowing and understanding behavioural and social elements which determine Physical activity and sport | | | | x |
| CE6 | Know and experience the practice of body language as a means of communication and personal and interpersonal relationship | | | | x |
| CE10 | Design, plan and evaluate content of body language to improve motor skills | | | x | |

# Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method |
|---|---|---|
| R1, R2, R3, R4, R5, R6, R8, R10 | 60,00% | Written/oral and/or practical tests. |
| R1, R2, R3, R4, R5, R6, R7, R8, R9, R10 | 40,00% | Autonomous work. |

**Observations**

**To pass the subject in the 1st enrolment will be mandatory:**

To overcome with, at least, 50% each of the evaluation tests proposed by the teacher. Each evaluation test will be stated by the teacher in the tutorial. Any student who does not successfully overcome some of the evaluation tests, but the final weight of the note exceeds 5, will be awarded a score of 4.5. The marks obtained in the evaluation tests that scored 5 or more, will be saved until the 4th call.

# Learning activities

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

M1      Exhibition of contents by the teacher.

M2      Dynamics and group activities.

M3      Resolution of problems and cases.

M5      Discussion in small groups.

## IN-CLASS LEARNING ACTIVITIES

| | LEARNING OUTCOMES | HOURS | ECTS |
|---|---|---|---|
| PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student<br>M2, M3, M5 | R1, R3, R4, R5, R6, R7, R8, R9, R10 | 12,00 | 0,48 |
| TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works.<br>M5 | R1, R3, R5, R6, R7, R9, R10 | 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 project.<br>M2, M3 | R1, R2, R3, R4, R5, R6, R8, R10 | 4,00 | 0,16 |
| THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.<br>M1, M2, M5 | R1, R2, R3, R4, R5, R6 | 42,00 | 1,68 |
| **TOTAL** | | **60,00** | **2,40** |

**LEARNING ACTIVITIES OF AUTONOMOUS WORK**

| | LEARNING OUTCOMES | HOURS | ECTS |
|---|---|---|---|
| GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. <br> M2, M3 | R1, R2, R3, R5, R6, R7, R8, R9, R10 | 45,00 | 1,80 |
| AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. <br> M3 | R1, R2, R3, R4, R5, R6, R7, R8, R9, R10 | 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 |
|---|---|
| PART I: THE PSYCHOLOGY AND ITS SCOPE OF STUDY | Lesson 1: Introduction: What is Psychology?: History, perspectives, subfields and methods.Lesson 2: Contexts, mechanisms, aspects and stages of development in the origin of mind: phylogenetic and ontogenetic development, heredity- environment problem. |
| PART II: COGNITIVE PROCESSES | Lesson 3: Sensation and perception.Lesson 4: Motivation and emotion.Lesson 5: Attention.Lesson 6: Memory.Lesson 7: Thought and language. |
| PART III: LEARNING AND CONDITIONING | Lesson 8: Pavlovian and instrumental learning. <br> Lesson 9: Cognitive learning. <br> Lesson 10: Learning by observation |

Temporary organization of learning:

| Block of content | Number of sessions | Hours |
| --- | --- | --- |
| PART I: THE PSYCHOLOGY AND ITS SCOPE OF STUDY | 5,00 | 10,00 |
| PART II: COGNITIVE PROCESSES | 20,00 | 40,00 |
| PART III: LEARNING AND CONDITIONING | 5,00 | 10,00 |

# References

**BASIC BIBLIOGRAPHY**

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Papalia, D.y Olds, S. (1998). Psicología. México: Mc Graw Hill.

Puente, A. (Coordinador). (1995). Psicología Básica: Introducción al estudio de la conducta humana. Madrid: Pirámide.

**SUPPLEMENTARY BIBLIOGRAPHY**

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Humphrey, N. (1986). La mirada interior. Madrid: Alianza Editorial.

Luria, A.R. (1975). Introducción evolucionista a la Psicología. Barcelona: Martínez Roca.

Matlin, M.W. y Foley, H. (1996). Sensación y Percepción. México: Prentice Hall Hispanoamericana.

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