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: -

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

Course guide

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			

		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.

Course guide

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 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. 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. 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. 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. 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. 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. Lesson 9: Cognitive learning. 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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Banyard, P.; Cassells, A.; Green, P.; Hartland, J.; Hayes, N. y Reddy, P. (1995). Introducción a los procesos cognitivos. Barcelona: Ariel Psicología.

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

Baddeley, A. (1999). Memoria humana: Teoría y práctica. Madrid: McGraw Hill.

Fernández-Abascal, E.; Palmero, F.; Chóliz, M. y Martínez, F. (1997). Cuaderno de prácticas de Motivación y emoción. Madrid: Pirámide.

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

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

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Pinillos, J.L. (1991). La mente humana. Madrid: Ediciones temas de hoy.

Richardson, K. (1988). Para comprender la Psicología. Madrid: Alianza Editorial.

Rosselló, J. (1996). Psicología del sentimiento: Motivación y emoción. Palma de Mallorca: Universitat de les Illes Balears, Jorvich S.L.

Sacks, O. (2001). Un antropólogo en Marte. Barcelona: Anagrama.

Sánchez, A. y Arana, J.M. (Coord.). (1997). Manual de prácticas de percepción y atención. Salamanca: Amarú.

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Trianes, M.V. (1992). Psicología de la Educación para Profesores. Málaga: Secretariado de Publicaciones de la Universidad de Málaga.

Delgado Losada, Mª Luisa. (2015) Fundamentos de Psicología para ciencias sociales y de la salud. Madrid: Editorial medica Panamaricana.

Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

X	Microsoft Teams

X	Kaltura

Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

| X | Microsoft Teams |

| X | Kaltura |

Explanation about the practical sessions:

2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

| X | The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus. |

| | The following changes will be made to adapt the subject's assessment to the online teaching. |

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: