



## Information about the subject

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

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

**Code:** 281009 **Name:** Sports Psychology

**Credits:** 6,00 **ECTS Year:** 2 **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:** Spanish

**Lecturer/-s:**

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## 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



## 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 Acquisition of basic knowledge.
- R2 Learning to do a search and effective selection of information to expand and personalize the theoretical content of the course.
- R3 Learning to correct and interpret assessment questionnaires major psychological variables in the field of sport.
- R4 Learning to make appropriate goal setting in the field of sport and exercise.
- R5 Learning techniques to assess and control the level of activation.
- R6 Learning to present an oral work.
- R7 Learning to synthesize and organize information.
- R8 Learn to express in writing the acquired knowledge
- R9 Learning to express in writing the knowledge acquired.



## 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	
CG4	Transmit any information regarding the contents of body expression both in writing and orally				X
CG5	Plan and organize any activity efficiently				X
CG10	Develop skills to adapt to new situations and autonomous learning			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
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



## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R3, R4, R5	60,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5, R6, R7, R8, R9	40,00%	Completion of a project.

### Observations

#### To pass the subject in the 1st enrolment:

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. Any student not attending the exam, even if other activities have been submitted in due course, will be considered as "no-show". 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 M2, M3, M5	R3, R4, R6, R7	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, R2, R7	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, R6, R7, R8	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	42,00	1,68
<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, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R2, R9	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	R7, R8	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
UD I: INTRODUCCION OF SPORT PSYCHOLOGY	·History of sport psychology ·Role of the sport psychologist
UD II: MOTIVATIONAL PROCESSES IN THE SPORT AND EXERCISE	·Attribution ·Self-confidence ·Motivational theories ·Determinants of sport practice ·Goal setting
UD III: GROUP PROCESSES IN SPORT	·Group dynamics ·Cohesion in sport ·Leadership in sport
UD IV: PSYCHOLOGICAL SKILLS FOR THE PERFORMANCE	·Attention-concentration ·Arousal, anxiety and stress



## Temporary organization of learning:

Block of content	Number of sessions	Hours
UD I: INTRODUCCION OF SPORT PSYCHOLOGY	4,00	8,00
UD II: MOTIVATIONAL PROCESSES IN THE SPORT AND EXERCISE	10,00	20,00
UD III: GROUP PROCESSES IN SPORT	7,00	14,00
UD IV: PSYCHOLOGICAL SKILLS FOR THE PERFORMANCE	9,00	18,00





## References

### GENERAL BIBLIOGRAPHY:

Bakker, F.C., Whiting, H.T.A., Brug, H., & Solana, G. (1993). *Psicología del deporte*. Madrid: Consejo Superior de Deportes.

Balaguer, I. (1994). *Entrenamiento psicológico en el deporte. Principios y aplicaciones*. Valencia: Albatros.

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

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

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

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

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

### SPECIFIC BIBLIOGRAPHY:

Garcés de los Fayos (2004). *Burnout en deportistas*. Madrid: EOS

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



## 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:

☒ Microsoft Teams

☒ 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:

☒ Microsoft Teams

☒ Kaltura

Explanation about the practical sessions:



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

### ONSITE WORK

#### Regarding the Assessment Tools:

☒ 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: