



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: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

CATR

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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 |
| 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 | 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 |
| TOTAL | | 90,00 | 3,60 |

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