



Universitat de Lleida

DEGREE CURRICULUM
**PSYCHOLOGY OF PHYSICAL
ACTIVITY AND SPORT**

Coordination: PALMI GUERRERO, JOAN

Academic year 2019-20

Subject's general information

Subject name	PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT			
Code	102924			
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Psychology	4	OPTIONAL	Attendance-based
Course number of credits (ECTS)	6			
Type of activity, credits, and groups	Activity type	PRAULA		TEORIA
	Number of credits	1.8		4.2 4.2
	Number of groups	1		0 1
Coordination	PALMI GUERRERO, JOAN			
Department	k			
Important information on data processing	Consult this link for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
GORDILLO MOLINA, ALEX	agordillo@inefc.es	3	
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Learning objectives

To know the main theoretical approaches of Sports Psychology. Analyze the basic psychological processes involved in sports situations.

Evaluate the influence of sport on the process of socialization of boys and girls.

Apply the knowledge derived from the basic psychological processes in the different areas of intervention of Sports Psychology.

Critically evaluate the professional role of sports psychologist in different sports situations.

Competences

Specific:

Identify the main theoretical models used in the study of psychological aspects related to sports performance.

Analyze the demands and psychological needs of athletes in the face of sports situations. Distinguish and decide on the most appropriate methods and instruments to assess the psychological needs of athletes in the face of sports situations.

Identify and decide the most appropriate methods and instruments to evaluate the psychological needs of coaches, referees, sports executives and spectators in sports settings.

Identify the different methods of treatment and intervention in the field of psychology applied to initiation and sports performance.

Contrast the different methods of treatment and intervention in the field of psychology applied to training, arbitration, direction and sports performance.

Apply knowledge, skills and values acquired critically, thoughtfully and creatively.

General:

Apply ICTs in the academic sphere.

Show ability to adapt to new situations and to solve problems in an effective way. Show ability to work in multidisciplinary teams and collaborate effectively.

Show abilities for interpersonal relationships

Subject contents

History of Sports Psychology and theoretical frameworks (8 h).

Definition and History of sports psychology.

Recent evolution and changes in sports psychology.

Conceptual frameworks in sports psychology.

Areas of application: competences and professional role in sports psychology.

Motivational and emotional factors in sports with young people (8 h)

Reasons for participation in youth sport.

Causes of abandonment in youth sports.

Motivation: setting goals.

Role of the coach and parents in youth sport.

Socialization through sport (6 h)

Emotional socialization and competence.

Strategies to develop sportsmanship (values).

Role of the different agents in the process of socialization through sport.

Campaigns to promote sportsmanship.

Group processes in sport (10 h)

Communication

Leadership.

Group dynamics and cohesion.

The psychological status of performance: EOR (6 h)

Contents of the EOR model.

Skills of the coach

Competitions of the athlete.

Exercises and specific intervention techniques.

Improvement of processes (8 h)

Evaluation tools.

Planning

The training

The competition.

Other applications of sports psychology. (8 h)

Psychology of arbitration and sports judgment.

Psychology of the manager / leader in sport.

Psychology of the spectator ..

Psychology of the athlete in marginal condition.

Psychology of exercise. (4h)

Concepts

Benefits

Theories of changing habits.

Methodology

The methodology of the subject will be based on the seriated and coordinated development of a series of activities (supervised, supervised and autonomous) that will lead the student to the achievement of the learning outcomes.

Directed Teaching Sessions

In whole group sessions will be held in which the main theoretical concepts of the subject and case revisions will be worked on.

In small groups sessions will be held throughout the semester to develop a professional project based on demands from people or sports institutions.

Supervised activity

Each type of activity (theory, practical cases and tutored project have associated a series of hours of supervised activity by the teachers through the virtual platform and in the schedules of office that each one of them have assigned.

Autonomous Activity

The development of different activities makes it essential for the student to follow the activities throughout the semester by performing the autonomous activity necessary to achieve the learning outcomes.

Development plan

Hours allocated to the educational activities and percentage of face-to-face attendance

Theoretical classes: 40, 100%

Practical classes in person: 20, 100%

Participation in forums / debates / discussions: 10, 0%

Reading and analysis of texts: 10, 0%

Preparation of individual / group work / reports: 45, 0%

Study and preparation of classes and evaluation tests: 25, 0%

Evaluation

Written exams: with a value of 50% on the grade.

There will be two written partial examinations of 10 questions related, of semi-long answer and diagrams.

(Exam 1: Theme 1, 2 and 5 more corresponding readings; Exam 2: Subject 3,4,6,7 and 8 more corresponding articles).

If the result obtained is equal to or greater than 4, it is considered that it can make average with the other.

At the end of the course, the recuperative exam will be performed on the part or parts not surpassed, that is to say with a mark less than 5 out of 10.

Individual works: with a value of 25% of the grade.

Each student (exceptionally for paella) will have to present a critical review and commentary of the 4 articles that will be uploaded to the platform and that are also part of the subject of examination. The maximum length of each comment is 2 folios. It is considered surpassed with a note of 5 out of 10.

Attendance: 25% of the grade.

Attendance and participation in classroom activities will be registered and evaluated during the course as part of the continuous evaluation process. You need a minimum attendance of 70%. Attendance between 60% and 70% can be recovered with a maximum grade of 5. Assistance less than 60% is suspended.

To pass the subject, each of the indicated parts must be exceeded according to the indicated minimum values.

Bibliography

Chicau, C; Silva, C; i Palmi, J. (2012),.Programa de Intervención psicológica para la optimización del concepto de equipo (*team building*) en jóvenes futbolistas. *Revista de Psicología del Deporte*, vol. 21, núm. 1, 2012, 49-58.

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- Cruz, J. i Riera, J. (1991). *Psicología del deporte: aplicaciones y perspectivas* . Barcelona: Martínez Roca. Dosil, J. (Ed.) (2002). *El psicólogo del deporte: Asesoramiento e Intervención* . Madrid: Síntesis.
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- Gordillo, A (2009) *Psicología del deporte aplicada al baloncesto*. En Drobnic,F., Puigdemívol,J i Bové, T. (Ed).*Bases científicas para la salud y un óptimo rendimiento en Baloncesto* (pp 172-177). Madrid: Ergon.
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- Palmi, J. (2014),*Psicología y lesión deportiva: una breve introducción*. *Revista de Psicología del Deporte*. 23 (2), 389-393.
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- Riera,J., Caracuel,J.C.,Palmi,J. i Daza,G.(2017). *Psychology and Sport: The athlete's self skills*. *APUNTS Educació Física y deportes*, 127(1), 82-93
- Smoll, F. i Smith, R. (2009). *Claves para ser un entrenador excelente* . Barcelona: INDE
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- Williams, J.M. i Krane, V. (2015), *Applied Sport Psychology. Personal Growth to Peak Performance*. 7 th Ed. Columbus OH: McGraw Hill Ed.

Adaptations to the contents due to COVID-19

Fundamental contents of the subject

History of Sport Psychology and theoretical frameworks (8 h).

Definition and History of Sport Psychology.

Evolution and recent changes in sports psychology.

Conceptual frameworks in sports psychology.

Areas of application: skills and professional role in sports psychology.

Motivational and emotional factors in sport with young people (8 h)

Reasons for participation in youth sport.

Causes of abandonment in youth sport.

Motivation: setting goals.

Role of coach and parents in youth sport.

Socialization through sport (6 h)

Socialization and emotional skills.

Strategies to develop sportsmanship (values).
Role of the different agents in the process of socialization through sport.
Campaigns to promote sportsmanship.
Group processes in sport (8 h)
Communication.
Leadership.
Group dynamics and cohesion.

The psychological state of performance: EOR (8 h)

Contents of the EOR model.
Coach skills
Athlete skills.
Specific exercises and intervention techniques.

Process improvement (8 h)

Assessment tools.
Planning.
Training.
The competition.

Other applications of sport psychology. (8 h)

Psychology of refereeing and sports judgment.
Psychology of the manager / leader in sport.
Spectator psychology.
Psychology of the athlete in a marginal condition.

Exercise psychology. (2h)

Concepts
Benefits
Theories of change of habits.

Adaptations to the methodology due to COVID-19

The methodology of the subject will be based on the serious and coordinated development of a series of activities (directed, supervised and autonomous) that will lead the student to the achievement of the learning results.

Face-to-face Teaching Sessions

In a whole group there will be sessions in which the main theoretical concepts of the subject and case reviews will be worked on.

In small groups there will be sessions throughout the semester to develop a professional project based on the demands of people or sports institutions.

Online virtual teaching sessions

Part of the content will be taught through the video conferencing tool.

Supervised Activity

Each type of activity (theory, case studies and tutored project is associated with a series of hours of activity supervised by teachers through the virtual platform and in the office hours that each of them has assigned.

Autonomous Activity

The development of the different activities makes it essential that the student follows the activities throughout the semester carrying out the autonomous activity necessary to achieve the learning outcomes.

Adaptations to the development plan due to COVID-19

Hours devoted to the training activity and corresponding percentage of the total planned dedication

Face-to-face theoretical classes: 26 h,

Online virtual classes: 8 h

Face-to-face practical classes; 14 h.,

Theoretical classes and virtual practices 18 h

Participation in forums / debates / colloquia: 6 h,

Reading and analysis of texts: 10 h

Elaboration of works / individual / group reports: 40 h,

Study and preparation of classes and assessment tests: 25 h,

Adaptations to the evaluation due to COVID-19

Written exams: with a value of 40% of the grade.

At the end of the course there will be 1 written exam of 20 related questions, semi-long answer and outlines. (Content: From Topic 1 to 7 included and the 4 corresponding articles).

If the result obtained is equal to or greater than 4, it is considered that it can average with the other evaluation components.

The recuperative exam will then be passed with a 5.

Individual works: with a value of 25% of the grade.

Each student (exceptionally per pan) will have to present a review and critical commentary of the 4 articles that will be posted on the platform and that are also part of the exam material. The maximum length of each comment is 2 folios. It is considered passed with a grade of 5 out of 10.

Attendance: 15% of the grade.

Attendance to classroom face-to-face activities will be recorded and assessed during part of the course as part of the ongoing assessment process. A minimum attendance of 60% is required. Attendance between 40% and 60% can be recovered with a maximum grade of 5. Attendance below 40% is suspended.

Participation: 20% of the grade.

Participation in the activities indicated in the virtual teaching will be valued with a grade of 1 to 10p. The grade obtained will be the percentage corresponding to the average of the scores obtained

To pass the course, you must pass each of the parts indicated according to the minimum values set.