



Universitat de Lleida

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

Coordination: BONET MASSANA, NOEMÍ

Academic year 2021-22

Subject's general information

<b>Subject name</b>	PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT			
<b>Code</b>	102924			
<b>Semester</b>	2nd Q(SEMESTER) CONTINUED EVALUATION			
<b>Typology</b>	Degree	Course	Character	Modality
	Bachelor's Degree in Psychology	4	OPTIONAL	Attendance-based
<b>Course number of credits (ECTS)</b>	6			
<b>Type of activity, credits, and groups</b>	<b>Activity type</b>	PRAULA		TEORIA
	<b>Number of credits</b>	1.8		4.2
	<b>Number of groups</b>	1		1
<b>Coordination</b>	BONET MASSANA, NOEMÍ			
<b>Department</b>	PSICOLOGIA			
<b>Important information on data processing</b>	Consult <a href="#">this link</a> for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
BONET MASSANA, NOEMÍ	noemi.bonet@udl.cat	6	

## Subject's extra information

There are no prerequisites for taking the subject of Sport Psychology.

## 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.

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.

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

## Competences

Basic skills:

CB3 Ability to gather and interpret relevant data (usually within their area of study) to make judgments that include

reflection on relevant social, scientific or ethical issues.

CB4 Ability to convey information, ideas, problems and solutions to both specialized and non-specialized audiences).

CB5 Be able to develop those learning skills necessary to undertake further study with a high degree of autonomy.

General Competences:

CG2 Develop the ability to work in multidisciplinary teams and collaborate efficiently with other professionals.

CG5 Demonstrate critical ability to make relevant decisions.

CG6 Reflecting on one's own limitations in a self-critical manner, considering the possibility of requesting interdisciplinary collaborations.

CG8 Identify and evaluate own competencies, skills and knowledge according to the standards of the profession.

Specific Competencies:

CE1 Identifying and analysing the characteristics and needs of people, groups and organisations, as well as the relevant contexts for the service requested.

CE2 Planning the evaluation of programs and/or psychological interventions, selecting the appropriate indicators and techniques.

CE3 Apply the techniques for collecting information, obtaining relevant data for the evaluation of programs and/or psychological interventions.

SG4 Analyzing and interpreting the results of psychological evaluation.

CE5 Design and apply a psychological intervention strategy/plan, depending on the contexts or services demanded.

CE6 Respond and act in an appropriate and professional manner, taking into account the attitudes and values of the profession, as well as its code of ethics and deontology, in each and every one of the intervention processes.

CE7 Provide information to users and establish an adequate interpersonal relationship, taking into account the different contexts of professional relations.

CE8 To prepare technical reports, both oral and written, on the results of the evaluation process, of the research or of the services demanded, respecting the ethical commitment that the dissemination of psychological knowledge requires.

CE9 To use the different documentary sources in psychology, to show a mastery of the necessary strategies to access the information and to assess the need for documentary updating.

CE10 Manage, analyse and interpret data within the framework of the disciplinary knowledge of the different fields of psychology.

CE11 Make critical decisions on the choice, application and interpretation of the results derived from the different psychological research methods.

CE12 To disseminate the knowledge derived from theoretical reviews and from the results of psychological research.

Transversal competences:

CT1 Acquire adequate oral and written comprehension and expression of Catalan and Spanish.

CT3 To acquire training in the use of new technologies and information and communication technologies.

CT5 To acquire essential notions of scientific thought.

## Subject contents

### **Topic 1: History of Sports Psychology and theoretical frameworks (10 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.

### **Topic 2: 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.

### **Topic 3: 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.

### **Topic 4: Group processes in sport (10 h)**

Communication

Leadership.

Group dynamics and cohesion.

### **Topic 5: The psychological status of performance: EOR (4 h)**

Contents of the EOR model.

Skills of the coach

Competitions of the athlete.

Exercises and specific intervention techniques.

### **Topic 6: Improvement of processes (4 h)**

Evaluation tools.

Planning

The training

The competition.

### **Topic 7: 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.

**Topic 8: Psychology of exercise. (8 h)**

Concepts

Benefits

Intervention

**Methodology**

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 help the student to the achievement of the learning results.

*Directed Teaching Sessions*

In whole group there will be face-to-face and virtual sessions in which the main theoretical concepts of the subject and case reviews will be worked.

In small groups there will be sessions throughout the semester to develop practices related to the theoretical section that will be worked on that week.

*Supervised Activity*

Each type of activity (theory, case studies) is associated with a series of hours of activity supervised by teachers through the virtual platform and in face-to-face / virtual tutorials to be developed.

*Autonomous Activity*

The development of the planned program makes it essential for the student to follow the activities throughout the semester carrying out the autonomous activity necessary to achieve the learning outcomes.

**Development plan**

**Hours devoted to training activity and attendance percentage**

Face-to-face theoretical classes:	22.5 h, 100% (depending on the situation of the COVID-19)
Virtual theory class:	30 h 100%
Face-to-face practical classes;	7.5 h, 100% (depending on the situation of COVID-19)
Participation in forums / debates / colloquia:	5 h, 0%
Reading and analysis of texts:	15 h, 0%
Elaboration of works / individual / group reports:	30 h, 0%
Study and preparation of classes and assessment tests:	40 h, 0%
Total :	150 h

**Evaluation**

- **Written exams: with a value of 40% of the mark.**

There will be two exams of 20 questions (10 types test-short-relationship and 5 types long type case practice).

(Exam 1: Topic 1, 2 and 5 plus corresponding readings; Exam 2: Topic 3,4,6,7 and 8 plus corresponding readings).

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

- **Individual / pairs work: with a value of 25% of the grade.**

Each student must 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 subject (2 per exam). The maximum length of each comment is 2 folios. It is considered exceeded with a score of 5 out of 10.

- **Attendance-individual contributions (evaluation of the practices): 35% of the note.**

Attendance, participation in classroom activities, personal contributions on their own initiative and the assessment of each of the practices presented (1 per week), will be recorded and assessed during the course as part of the continuous assessment process. A minimum attendance of 70% is required. Attendance between 50% and 70% may be recovered with a maximum grade of 5. Attendance of less than 50% is suspended (with the exception of situations justified by a report from the dean's office).

In order to pass the subject, a minimum average grade of 5 will be required and it will be necessary to pass each of the indicated parts with a minimum score of 4 points in the continuous assessment.

## Bibliography

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