

## 26314 - Psychology of physical activity and sport

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 26314 - Psychology of physical activity and sport

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 295 - Degree in Physical Activity and Sports Science

**ECTS:** 9.0

**Year:** 2

**Semester:** Annual

**Subject Type:** Basic Education

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as large and small group sessions on the most relevant aspects of individual and group psychological processes and their interaction with physical activity and sport, as well as the influence of physical activity and sports on the different psychological aspects of the human being.

In addition, the learning process will offer the student practical activities related to different psychological processes and techniques in a natural-controlled context. With these practice sessions, the student will be able to connect theory with practice, by being exposed to real controlled situations where basic psychological and social skills are necessary for their professional development.

Students are expected to participate actively in the class throughout the two semesters.

Classroom materials will be available via Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials, including a discussion forum.

Further information regarding the course will be provided on the first day of class.

#### 4.2.Learning tasks

The course includes the following learning tasks:

- Lectures (6 ECTS: 60 hours). Theoretical and methodological foundation of the course contents.
- Practice sessions (2 ECTS: 20 hours).

- Autonomous work (75 hours).

### 4.3.Syllabus

The course will address the following topics:

- Topic 1. Introduction: Physical Activity and Sport Psychology
  - 1.1. Object of study
  - 1.2. Multidisciplinarity and ethics of professional practice in the field of Physical Activity and Sport
- Topic 2. Behavioral Assessment in the field of Physical Activity and Sport
  - 2.1. Functional analysis of behavior
  - 2.2. Psychological assessment methods
  - 2.3. Planning hypotheses process regarding psychological assessment and intervention
  - 2.4. Evaluation Program
- Topic 3. Learning Paradigms
  - 3.1. Classical conditioning (Pavlovian)
  - 3.2. Operant (instrumental)
  - 3.3. Vicarious learning (observation, imitation)
  - 3.4. Biofeedback
  - 3.5. Theories and learning processes concerning psychosocial development
- Topic 4. Psychosocial development throughout the life and its relationship to Physical Activity and Sport
  - 4.1 Introduction: Psychology and Development
  - 4.2 Game, physical activity, sport and psychological development in childhood
  - 4.3 Physical activity, sport and psychological development in adolescence
  - 4.4 Physical activity, sport and psychological development in adulthood
  - 4.5 Physical activity, sport and psychological development in the elderly
- Topic 5. Personality and psychological variables involved in Physical Activity and Sport.
  - 5.1. Personality: conceptualization and theoretical models.
  - 5.2. Personality and its relation to physical activity and sport
  - 5.3. Psychological variables involved in physical activity and sport:
    - 5.3.1. Stress
    - 5.3.2. Anxiety
    - 5.3.3. Activation Level
    - 5.3.4. Locus of Control
    - 5.3.5. Attribution
    - 5.3.6. Cognitive styles
    - 5.3.7. Self-confidence (self-efficacy)
    - 5.3.8. Motivation
    - 5.3.9. Team cohesion
- Topic 6. Basics and preventive strategies behavioral disorders related to physical activity and sport.
  - 6.1. Conceptualization and evaluation of behavioral disorders.
  - 6.2. Behavioral disorders and preventive strategies in the field of physical activity and sport:
    - 6.2.1. Psychological exhaustion
    - 6.2.2. States and pathological anxiety behaviors
    - 6.2.3. Depression states
    - 6.2.4. Disorders related to food and weight control
    - 6.2.5. Personality disorders
    - 6.2.6. Sleep disorders
    - 6.2.7. Drug Addiction
    - 6.2.8. Interpersonal problems
- Topic 7. Training and counseling with social agents involved in the practice of physical activity and sport: coach, teacher, parents, referees and sports judges, sports officials
  - 7.1. The "training of trainers" in the field of physical activity and sport
  - 7.2. Training and advice to coaches and parents of young athletes
  - 7.3. Training and counseling with social agents involved in grassroots sport for unsportsmanlike prevention, anti-social behavior and other risk behaviors
- Topic 8. Athletic performance Psychology

- 8.1. Conceptualizing athletic performance
- 8.2. Psychological characteristics involved in competitive sports
- 8.3. Training in psychological skills involved in athletic performance
- 8.4. Requirements sports competition in grassroot sports
- Topic 9. Psychology of Sports Management
  - 9.1. Objectives and types of actions in Human Resources Management
    - 9.1.1. Engineering Human Resources
    - 9.1.2. Organizational behavior
  - 9.2. Examples of professional practice in the field of Human Resources Management performed by professionals in physical activity and sport:
    - 9.2.1. Evaluation of psychological demands on job performance of different groups of workers in sports organizations
    - 9.2.2. Support measures to improve the organizational design: analysis and description of jobs
    - 9.2.3. Advice and direct intervention in the process of recruitment
    - 9.2.4. Improving competition of different groups of workers in sports organizations through actions and formative social skills
    - 9.2.5. Advice for studies of quality service in sports organizations
  - 9.3. The processes of coaching and teaching in different career paths of degree / graduate in science of physical activity and sport
- Topic 10. Methodological foundations for research and professional practice in Physical Activity and Sport Psychology
  - 10.1. Methods, research designs and techniques in Physical Activity and Sport Psychology
  - 10.2. Basics of data analysis applied to the evaluation and measurement of psychological variables
  - 10.3. Scientific methodology in the exercise of professional practice and research

#### 4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the "Grado de Ciencias de la Actividad Física y de Deporte, de la Facultad de Ciencias de la Salud y del Deporte" website <https://fccsyd.unizar.es/deporte/grado-deporte>

#### 4.5. Bibliography and recommended resources

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- Entrenamiento psicológico en el deporte / Isabel Balaguer (directora) . Valencia : Albatros, D.L. 1994
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- Berk, Laura E.. Desarrollo del niño y el adolescente / Laura E. Berk ; traducción Mercedes Pascual del Río . 4a ed. Madrid : Prentice Hall, 1999
- Desarrollo psicológico y educación. Vol.1, Psicología evolutiva / compilación de Jesús Palacios, Alvaro Marchesi, César Coll . 2ª ed., 1ª ed. ren. en Manuales, 1ª reimp. Madrid : Alianza, 2000

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- Psicología del deporte : aplicaciones y perspectivas / edición a cargo de Jaume Cruz, Joan Riera Barcelona : Martínez Roca, 1991