

## 25933 - Social psychology of sport and physical exercise

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 25933 - Social psychology of sport and physical exercise

**Faculty / School:** 301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 270 - Degree in Psychology

**ECTS:** 6.0

**Year:** 2

**Semester:** First Four-month period

**Subject Type:** Optional

**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 achievement of the learning objectives. It is based on an active methodology that favors the development of critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, autonomous work and assessment tasks.

Students are expected to participate actively in the class throughout the semester.

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

\*\* In the event of a health alarm, teaching and evaluation of the subject would be done electronically, not in person

#### 4.2.Learning tasks

1. Theoretical sessions in which work will be carried out stimulating participation and active learning by students
2. Practical sessions in which practical cases will be examined, from which teamwork and cooperative collaborative learning will also be encouraged
3. Individual and collective tutorials

### 4.3.Syllabus

The course will address the following topics:

1. Introduction to Sports Psychology: theory and practice
2. Sports, Health and Psychological wellbeing
3. Psychological factors in Sports
4. Psychological skills in Sports
5. Sports in specific target groups

### 4.4.Course planning and calendar

The theoretical and practical sessions of this subject are complemented by providing the students with more meaningful learning and applied transfer. The sequence of these sessions will be successive, following each sessions the corresponding topic of contents. Also, the key dates are those related to the presentation and presentation of practical group work, such as the exam.

All these dates and further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided with in advance and will be available on Moodle, or please refer to the Psychology Degree website (<http://fcsch.unizar.es/psicologia/>)

### 4.5.Bibliography and recommended resources

- Dosil, Joaquín. Psicología de la actividad física y del deporte / Joaquín Dosil Madrid : McGraw-Hill, 2004
- Psicología del deporte / Jaume Cruz Feliu (editor) Madrid : Síntesis, 2001
- Síndrome de sobreentrenamiento :una visión desde la psicobiología del deporte / Ferran Suay i Lerma, (coordinador) Barcelona : Paidotribo, cop. 2003
- Weinberg, Robert S.. Fundamentos de psicología del deporte y del ejercicio físico / Robert S. Weinberg, Daniel Gould. . - 4a. ed. Buenos Aires ; Madrid [etc.] : Editorial Médica Panamericana, cop. 2010.
- Berengüill, R; López-Walle, J. Introducción a la Psicología del Deporte. Giuntieos psychometrics SL; 2005