

Academic Year/course: 2021/22

25933 - Social psychology of sport and physical exercise

Syllabus Information

Academic Year: 2021/22

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 and 4 and 3

Semester: First Four-month period

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

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://fcsh.unizar.es/psicologia/>)

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25933>