

## 26314 - Psychology of physical activity and sport

### Syllabus Information

**Academic year:** 2023/24

**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

The Psychology of Physical Activity and Sport deals with the scientific study of behavior in this field. It is an area applied Psychology, and one of the Sports Sciences. The aim is for students to acquire a theoretical- methodological and applied overview of this discipline. Additionally, to introduce him/her to the methodology of behavioral assessment as a basic tool for understanding the reciprocal influence between psychological variables, sport and health; as well as in interdisciplinary collaboration with other sport and health professionals, and in particular with sport psychologists. These approaches are aligned with the following Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>) the students will be trained to contribute to the achievement of the Goals: 3, 4, 5, 8, 10, 16, y 17.

### 2. Learning results

In order to pass this subject, students must demonstrate the following results:

- Explain orally and in writing the individual and group psychological processes in their interaction with physical activity and sport.
- Explain orally and in writing the influence of physical activity and sport on the different psychological processes of the human being.
- To argue orally and in writing the basic psychological and social skills necessary for professional practice, particularly those related to self-control and personal interaction.
- Maintain a continuous pace of work to learn the contents and procedures of the subject.

Regularly attend and actively participate in the training activities of the subject.

### 3. Syllabus

1. Psychology of Physical Activity and Sport: object of study, multidisciplinary and professional deontology.
2. Behavioral assessment in the field of Physical Activity and Sport.
3. Learning paradigms and their application to the field of Physical Activity and Sport.
4. Psychosocial development throughout the life cycle and its relationship with Physical Activity and Sport.
5. Personality and psychological variables involved in Physical Activity and Sport.
6. Basic fundamentals and preventive strategies of behavioral disorders related to physical activity and sport.
7. Training and counseling with social agents involved in the practice of physical activity and sport: coach, E.F. teacher, parents, sports referees and judges, and sports managers.
8. Basic and applied fundamentals of Training Psychology.
9. Basic and applied fundamentals of Sport Management Psychology.
10. Methodological foundations of research and professional practice in Psychology of Physical Activity and Sport Sports.

### 4. Academic activities

The program offered to the student to help them achieve the expected results includes the following activities:

- Activities type 1 - Participative master class: 60 hours. Exposition of the contents of the course, with a practical orientation.
- Type 2 activities - Problem classes and case studies: 30 hours. Carrying out exercises in sportsspaces and in the classroom, applying the theoretical contents of the program.
- Type 6 activities - Practical work: 5 hours.

## 5. Assessment system

Final test in which students will respond in writing to questions related to the theoretical and practical contents of the subject program. The grade for this test will account for 70% of the final grade.

- The exam will be held on the date and at the time established in the official calendar of exams, and students will have 120 minutes to take the exam (60 minutes for the contents of the program of the first and second semester, respectively). In this way, students will be able to examine the theoretical contents of the whole subject in the global evaluation test established in the official exam calendar.
- Taking into account the annual nature of this subject, students will have the possibility of taking the exam of the theoretical contents of the first semester in the week of continuous assessment of the first official call for exams of subjects of the first semester, preferably in the timetable of the theory class in person, with 60 minutes available to take the exam. This exam is voluntary, and may be taken if has attended at least 80% of the sessions of the subject. Obtaining a minimum grade of 5 out of 10 will allow the student not to retake this subject in the final exam of the subject.
- The format of this exam, for the contents of each of the two semesters, has two parts: the first consists of 30 multiple-choice questions, with 3 possible answers, only one of which is correct, obtaining the final score by applying the random correction, expressed on a scale from 0 to 10 (this accounts for 60% of the grade for this exam); and the second, a question from the syllabus of the subject, open-ended, to be developed in the space of one sheet of paper on both sides (this accounts for 40% of the grade for this exam).

Learning portfolio, elaborated from the set of practical work done by the students in the activities type 2 and 6. The grade for this section will account for 30% of the final grade. The evaluation criteria are:

- Reports of the practices carried out (type 2 activity): each activity is scored from 0 to 10 and the average of all the activities carried out computes 50% of the learning portfolio grade. The grade for each of these activities will take into account the classroom participation and the completion of a written exercise on the content of each practice published in Moodle, accessible to all students.
- Report of a behavioral assessment practice (type 6 activity): The students, individually, and in permanent communication with the teacher, will implement a homework protocol that will allow them to carry out evaluation and behavioral counseling processes, with a person of their choice (e.g. athlete, coach, referee, responsible for sports, PE teacher). The grade for each section of this protocol results in the overall grade for this activity, which counts for 50% of the learning portfolio grade.

Tests for students who apply for other exams than the first one.

- If in the second official call for annual exams, the grade of the learning portfolio is at least 5 out of 10, but one or the two partial theory exams have not obtained a grade higher than 5 out of 10, the student must re-enrol in the subject, having to take the two partial theory exams, keeping the grade obtained in the learning portfolio only during the following academic year.
- If in the second official call for the annual exams, the two partial theory exams have been passed with a mark higher than 5 out of 10, but the learning portfolio has not achieved a mark higher than 5 out of 10, the student must re-enrol in the subject and must carry out the activities of the learning portfolio again, keeping the mark obtained in the theory exams only during the following academic year.

Total or partial fraud or plagiarism in any of the evaluation tests will result in the failure of the subject with the minimum grade, in addition to the disciplinary sanctions that the guarantee committee adopts for these cases. For a more detailed knowledge about plagiarism and its consequences please consult the following link: <https://biblioteca.unizar.es/propiedad-intelectual/propiedad-intelectual-plagio#Que>