

60852 - Psychological variables in evaluation and prescription of physical exercise

Syllabus Information

Academic year: 2023/24

Subject: 60852 - Psychological variables in evaluation and prescription of physical exercise

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

Degree: 549 - Master's in Evaluation and Physical Training for Health

ECTS: 3.0

Year: 1

Semester: Second semester

Subject type: Optional

Module:

1. General information

It is necessary to know the psychological variables that largely mediate the behavioural changes necessary to increase the practice of physical exercise. This will result in more effective and efficient interventions. Their correct assessment will provide the fundamental keys for the prescription of physical exercise that is more adequate to the specific needs of our context of action.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the Agenda 2030 of United Nations (<https://www.un.org/sustainabledevelopment/es/>), specifically, the learning activities planned in this subject will contribute to the achievement of goals: 3, 4, 5, 8, 10, 16 and 17.

2. Learning results

- To identify the different cognitive and motivational variables that influence the practice of PA, focusing on the adolescent stage.
- To assess motivational elements that are present in the prescription of physical activity in different contexts, and their influence on adherence to sports practice.
- To incorporate the most important motivational elements in each context to develop physical activity programs that favour increased practice.
- To identify the most appropriate instruments to assess cognitive and motivational elements in different contexts.

3. Syllabus

PROGRAM of the Musical, Plastic and Corporal Expression Department

1. Cognitive-social theories used to explain PA behaviour in adolescents:

Eccles Model

- Theory of planned behaviour
- Transtheoretical model
- Social cognitive theory and self-efficacy theory
- Self-determination theory

2. Conceptual approach:

- Motivation continuum in relation to PA
- Basic psychological needs in PA
- Social factors (teacher, parents, friends) that influence PA practice.
- Vallerand's hierarchical model

3. Practical approach:

- Cross-cultural analysis of the SDT model.
- Methodological problems in the measurement of psychological variables.
- Motivational interviewing: counselling and guidance.

PROGRAM of the Psychology and Sociology Department

1. Health and disease processes from the perspective of the biopsychosocial model.
2. Methodology for the assessment of psychological variables and behavioural disorders.

3. Assessment of psychological variables for the modification of sedentary behaviour.
4. Psychological variables related to physical exercise for health improvement.
5. Negative emotions and their impact on physical and mental health.
6. Multidisciplinary "self-administered" programs for health improvement.

4. Academic activities

Lectures: sessions where the teacher will explain the subject's topics orientated to practice : 12 hours.

Problems and cases: sessions to solve practical cases proposed by the teachers (20 hours).

5. Assessment system

EV1 - Written test: 30% (Objective tests (true/false or dichotomous, multiple choice, matching items, etc.) or short answer restricted questions).

EV4 - Techniques based on the attendance and active participation of the student in class, seminars and tutorials: 70% (Work in small groups on proposed practical cases). Students will work on real data and real practical cases that lead them to a research design that incorporates, in a reasoned manner, those variables that fit more adequately in the specific context studied.