

## 31234 - Sports Psychology

### Syllabus Information

**Academic year:** 2024/25

**Subject:** 31234 - Sports Psychology

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

**Degree:** 613 - Degree in Psychology

**ECTS:** 6.0

**Year:** 3

**Semester:** First semester

**Subject type:** Optional

**Module:**

### 1. General information

The elective subject Psychology of Sport is present in the Psychology Degree curriculum in the first semester of the third year, it is a 6-credit elective subject.

The main objective of the Sport Psychology subject is to introduce psychology students to the theoretical, methodological and ethical principles that define the psychologist's work in the context of physical exercise and sport.

### 2. Learning results

The student, in order to pass the subject, must demonstrate:

- To know the functions of the psychologist in the sports context
- To know how to use the relevant documentary sources in sport psychology with the capacity of critical analysis and synthesis, as well as to keep the knowledge and skills of the profession up to date
- To know how to launch hypotheses, pose the problem, evaluate and intervene at both individual and group level
- To identify the social relationships that are established, being able to identify problems

### 3. Syllabus

- Introduction to sport psychology
- Sports, health and psychological wellness
- Psychological Skills in Sport
- Psychological approach to injuries Sport in specific groups

### 4. Academic activities

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

- Participative master classes
- Tutored practical activities in the classroom
- Individual development of practical activities, tutored outside the classroom
- Preparation and participation in seminars

### 5. Assessment system

The student must demonstrate that they have achieved the expected learning results by means of the following assessment activities.

The final grade of the subject is global, that is to say, the student obtains a single grade that results from the evaluation of their performance in all the activities carried out.

#### 1. Continuous evaluation

- The evaluation of the theoretical contents of the subject will be carried out through two written tests. These tests account for 60% of the final grade, and must be passed with at least a 5. The theoretical contents on which students are examined are those developed in the theoretical and practical sessions.
- Practical activities account for the remaining 40% of the grade. Although some of the practical activities are carried out in groups and others individually, the evaluation of all practical activities is individual. To pass this part, the average grade of all of them must be at least a 5. Clarity, precision and adequacy of the work performed will be valued.

Those students who do not pass or do not take advantage of the continuous evaluation will have to take a final evaluation. In this final evaluation, all students will have the right to a global evaluation of all the contents of the subject in which they will be able to opt for the maximum grade.

## **2. Final assessment:**

- Written test, which accounts for 60% of the grade. The contents of this test are those included in the theoretical and practical sessions of the subject. A minimum score of 5 is required to pass.
- Resolution of a practical case, which represents 40% of the final grade. A minimum grade of 5 is required to pass.

## **6. Sustainable Development Goals**

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 5 - Gender Equality