

Course Unit: **956303 - Psychology of Physical Activity and Sport**

Year 1 Semester 1 ISCED Code: 313 ECTS: 4,0

Type of Course Unit: Compulsory Delivery Mode: Face-to-face

Language of Instruction: Portuguese

COURSE COORDINATOR: José Pereirinha Ramalho

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	15	15							70

Prerequisites (if applicable): Not applicable

LEARNING OUTCOMES (knowledge, skills and competence)

- Know the main psychological determinants of physical activity and sport;
- Identify key strategies for promoting physical activity;
- Know the main psychological effects of exercise and sport;
- Know the main psychological factors associated with sports injuries;
- Understand the importance of identifying and assessing needs and psychological skills of practitioners;
- Describe comprehensively some of the main strategies and specific techniques that promote the development of psychological skills associated with sporting activity;
- Know the interpersonal nature of phenomena that can affect the performance of individual or group.

CONTENTS

- Determinants of physical activity and sport
- Promotion of physical activity
- Psychological factors associated with the practice and performance of sports
- Psychological variables related to sports injuries
- Psychological effects of exercise and sport
- Socio-psychological factors
- Psychological preparation in sport

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

It is intended, with this curricular unit, to provide the trainees with knowledge and habits of reflection on the psychological inter and intra individual specifics raised by physical activity and sport. It is also intended to stimulate in students the ability to insert themselves in psychological improvement competences programs of athletes, both in training situations or in situations of competition.

TEACHING METHODOLOGIES

During the sessions work may take the following dimensions:

- Brief presentations (expository-dialogical method), addressed to the class with the aim of introducing or place the contents and / or document a particular aspect of work in progress;
- Brainstorm, open space; debates;
- Presentation of individual and / or collective projects by the students, taking into account various media, followed by the debate about the relevant aspects.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

Demonstration of the coherence between the teaching methodologies and the learning outcomes.

- Brief presentations (expository method-dialogical) (objectives 1-7)
- Brainstorm (objective 2)
- Open space (objective 4)
- Debates (objectives 1-7)
- Presentation of individual and / or collective paper by the students (objectives 3 and 7)

EVALUATION METHODS

Individual written test

Group work (including the presentation and defense of it)

written examination

MAIN BIBLIOGRAPHY

Alves, J. & Paula Brito, A. (2011). Manual de Psicologia do Desporto para Treinadores, Lisboa: Visão e Contextos.

Cruz, J. (Ed.) (1996). Manual de Psicologia do Desporto. Braga: S.H.O.

Mota, J.; Sallis, J. (2002). Actividade Física e Saúde – Factores de Influência da Actividade Física nas Crianças e nos Adolescentes. Porto: Campos das Letras.

Weinberg, R. S. & Gould, D. (2017). Fundamentos da psicologia do esporte e do exercício. (6ª. ed.) Porto Alegre: Artmed.

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