

PSICOLOGIA DE L'ESPORT EN EDAT ESCOLAR 26965

Unitat de Psicologia Bàsica

Departament de Psicologia Bàsica, Evolutiva i de l'Educació

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OBJECTIVES

1. To know psychological variables involved in learning physic, technical and tactical skills.
2. To analyse and describe motivational and emotional factors involved in youth sport, maintenance of practice and drop out.
3. To distinguish the role of physical education teacher, coach, parents and sports psychologist in youth sport.
4. To evaluate the influence of physical activity and sport in the socialisation process.

CONTENTS

- I. Research and applied areas in sport psychology.
- II. Learning sports.
- III. Motivational factors in youth competitive sports.
- IV. Emotional factors in youth competitive sports.
- V. Behavioural assessment to coaches and educators in youth sport.
- VI. Socialisation process through sport.
- VII. Role of physical education teacher, coach and sport psychologist in youth sport.

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