

**Applying Assessment Instruments and Intervention
Techniques in Sport and Exercise Psychology**

Code: 43891
ECTS Credits: 9

Degree	Type	Year	Semester
4316214 Psychology of Sport and Physical Activity	OB	1	2

Contact

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Teachers

Jaume Cruz Feliu
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Use of Languages

Principal working language: spanish (spa)

External teachers

Alex García Mas
Beatriz Galilea
Carles Ventura
Catarina Sousa
Eduardo Amblar
Joan Palmi
Joan Vives
Josep Marí
Pep Font

Prerequisites

There are no specific prerequisites for the module.

Objectives and Contextualisation

This module has two objectives:

Let the student know and know how to apply the main evaluation systems and methodologies used in the

psychological intervention applied to the areas of sports initiation, performance and healthy physical activity. That the student develop the necessary skills to know how to choose the most appropriate instruments according to quality criteria to evaluate the follow-up and effectiveness of the intervention done.

Competences

- Analyze critically the most current theories, models and methods in psychological research.
- Analyze the psychological factors that impact sports initiation, performance and abandonment.
- Apply psychological interventions to school-age children, with trainers and parents, in the field of sports performance and exercise in relation to health.
- Continue the learning process, to a large extent autonomously.
- Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
- Know the main models of intervention in sports initiation and in the psychology of sport.
- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
- Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Learning Outcomes

1. Choose and apply the appropriate techniques, procedures and protocols for detecting and evaluating the different problem areas in the field of sport and exercise.
2. Continue the learning process, to a large extent autonomously.
3. Identify the most suitable evaluation instruments and systems for responding to the needs and requirements of the different sport agents (practitioners, trainers, clubs, etc.).
4. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
5. Know the evidence-based techniques, procedures and protocols for evaluating and intervening in the main problem areas in the field of sport and exercise.
6. Know the main research methods and identify their suitability in relation to the demands of sport.
7. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
8. Summarise the main mechanisms involved in the psychological processes that intervene in the different sports agents, based on current theories and models.
9. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Content

Sports performance:

Model of explanatory approach to the State Optimal of performance.

Techniques of performance intervention.

Instruments of performance evaluation.

Sports Initiation:

Techniques of intervention in psychology of initiation.

Instruments of evaluation in psychology of initiation.

Healthy physical activity

Techniques of intervention in psychology of initiation.

Instruments of evaluation in psychology of initiation.

Methodology

For the development of the module, 3 types of training activities are planned:

48 hours of face-to-face teaching activity in the classroom. Most of these hours correspond to lectures with the highest participation by the teacher.

48 hours supervised with group work training activity, tutorials.

129 hours corresponding to autonomous work by the student: search for information, study, preparation of tests and work.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Directed	47	1.88	6, 5, 3, 4, 1
Type: Supervised			
Supervised	47	1.88	3, 4, 1, 8, 9
Type: Autonomous			
Autonomous	129	5.16	7, 4, 1, 8, 9

Assessment

Written Test: Examination of 20 questions type test of the material given in the module. Each question will have 5 options. The error will not be penalized when responding. Time 1 hour.

Oral presentation of work: Work carried out in small group (maximum 4 people) and defended during 10 'from the proposal that will be presented on the first day of teaching of the module.

Delivery of work: Individual work carried out outside teaching hours. The student will present a summary of each of the work sessions, the most relevant aspects, conclusions and personal assessment of the training activity.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Delivery of work / Reports	40%	0	0	7, 5, 4, 2, 1, 9
Oral presentation of works	20%	1	0.04	5, 3, 4, 2, 1, 8, 9
Written tests	40%	1	0.04	7, 6, 5, 3, 4, 1

Bibliography

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Weinberg, R.S. & Gould, D. (2007). Arousal, stress and anxiety. En R.S. Weinberg y D. Gould (Eds). *Foundations of Sport and Exercise Psychology*. (pp.78-99). Champaign, Il: Human Kinetics.