Universitat Autònoma de Barcelona

2020/2021

Research Strategies in Sport and Exercise Psychology

Code: 43886
ECTS Credits: 6

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

The proposed teaching and assessment methodology that appear in the guide may be subject to changes as a result of the restrictions to face-to-face class attendance imposed by the health authorities.

Contact

Name: Miquel Torregrossa Álvarez

Email: Miquel.Torregrossa@uab.cat

Use of Languages

Principal working language: spanish (spa)

Teachers

Yago Ramis Laloux

Anna Jordana Casas

Jaume Vives Brosa

Prerequisites

This course is scheduled for the second semester of the first year and there is no established prerequisites for it.

Objectives and Contextualisation

The objectives of this course are:

- To familiarize the student with the Master Project and start to define the demand
- To work on the scientific research in specialized data bases
- To analyze and describe the different sections of an academic work or a scientific article
    - Formal aspects
    - Introduction
    - Method
    - Results
    - Discussion
    - References
    - To discuss about the originality and the contributions of the scientific literature

Competences

- Analyse the data and interpret the results of research in sport and exercise psychology.
- Analyze critically the most current theories, models and methods in psychological research.
- Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
- Design and plan a research project on applied sport and exercise psychology.

- Evaluate the effectiveness of psychological interventions in sports initiation, maintenance and performance.
- Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
- Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
- Use acquired knowledge as a basis for originality in the application of ideas, often in a research context.
- Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.
- Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

Learning Outcomes

1. Choose the most appropriate instruments for a research project in sport and exercise psychology, explaining why they are suitable.
2. Choose the most significant results of a research project and highlight their contribution to the scientific literature in sport and exercise psychology.
3. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
4. Discuss, from a critical perspective, the suitability of intervention proposals to satisfying a particular demand in the field of sport and exercise psychology, and evaluate their effectiveness rigorously.
5. Identify the main characteristics of theoretical approaches in the study of sport and exercise psychology.
6. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
7. Plan out a realistic research design in line with the objectives set.
8. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
9. Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
10. Use acquired knowledge as a basis for originality in the application of ideas, often in a research context.
11. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.
12. Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

Content

- Academic work: format, structure and contents
- Search of updated information in data bases
- The introduction in academic documents
- The method in academic documents
- The results in academic documents
- The discussion in academic documents

Methodology

Directed

- Lectures

Supervised

- Meetings with the tutor

Autonomous

- Reading articles/reports of interest
- Elaborating assignments and reports

Activities can be adjusted due to the corona Pandemia and the Health state.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Master classes	32	1.28	8, 4, 1, 5, 7, 6, 9, 3, 2, 10, 12, 11
Type: Supervised			
Tutoring sessions and workshops	17	0.68	8, 4, 1, 5, 7, 6, 9, 3, 2, 10, 12, 11
Type: Autonomous			
Reading, exercises and study	61	2.44	8, 4, 1, 5, 7, 6, 9, 3, 2, 10, 12, 11

Assessment

The evaluation of the subject will consist of 3 autonomous activities related to the topics of the master classes. Students will have to elaborate a report based on each activity

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1. Search in scientific data bases	25%	10	0.4	8, 4, 5, 9, 3, 2, 11
EV2. Proposal of an original investigation	25%	10	0.4	1, 7, 6, 3, 10, 12
EV3. Evaluation of published tables and figures	25%	10	0.4	4, 5, 6, 9, 2, 11
EV4. Pòster	25%	10	0.4	7, 2, 11

Bibliography

American Psychological Association. (2010). *Publication manual of the American Psychological Association*. American Psychological Association.

Moher, D., Libertati, A., Tetzlaff, J., & Altman, D. G. (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. *Annals of Internal Medicine*, *151*(4), 264-270. http://doi.org/10.7326/0003-4819-151-4-200908180-00135