

Psychological Training in Specific Sports

Code: 43890
ECTS Credits: 9

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

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Teachers

Jesús Portillo Morilas

Use of Languages

Principal working language: spanish (spa)

External teachers

Alex Gordillo

Alex Latinjak

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Jordi Renom

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Pep Marí

Prerequisites

The Master's own

Objectives and Contextualisation

The objective of this module is that the student knows the basic characteristics of different sports and the proposed interventions.

First of all, a sports classification is performed according to the different levels of relationship (type of track, number of participants, etc.).

Secondly, the most common psychological assessment systems applied to different sports are valued, and finally, the most suitable interventions are proposed.

Competences

- 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.
- Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
- 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.
- Know the main models of intervention in sports initiation and in the psychology of sport.
- Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
- Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
- Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

Learning Outcomes

1. Choose the most suitable techniques for performing interventions in different sports and different populations.
2. Choose the most suitable variables and instruments for evaluating the effectiveness of the intervention in different sports.
3. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
4. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
5. Interpret the results obtained in the evaluation process in order to improve future interventions.
6. Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
7. Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
8. Summarise and critically synthesise psychological intervention models applicable to different sports.
9. Summarise and critically synthesise the characteristics of different sports.
10. Synthesise the role of the different factors affecting abandonment in different sports.
11. Synthesise the role of the different factors affecting initiation to different sports.
12. Synthesise the role of the different factors affecting performance in different sports.
13. Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

Content

* Models of intervention in sports performance psychology.

* Classification of sports (small track, field, collaboration, opposition, collective).

* Systems of psychological evaluation in specific sports

* Psychological intervention in specific sports:

- Equestrian - Skate hockey. - Basketball - Soccer - Tennis - Golf - Sa

Methodology

- The directed activities consist of master classes and the oral presentation of works.
- The supervised activities consist of tutorials that you can request.
- The autonomous activities consist of reading scientific articles and reports.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Master classes	48	1.92	5, 4, 3, 8, 9, 1, 2, 12, 11, 10, 13
Type: Supervised			
Tutorials	48	1.92	7, 5, 6, 4, 3, 1, 2, 12, 11, 10
Type: Autonomous			
Autonomous activities	123	4.92	7, 5, 6, 4, 3, 8, 9, 1, 2, 12, 11, 10, 13

Assessment

- Students deliver the work / reports where they do the summary and critical comment of all the views of the module (
 - Students carry out a written test in the classroom from the personal studies
 - In the assessment section of the practice, a few minutes will be devoted to the assessment of the work / reports.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
written tests	40%	2	0.08	4, 3, 8, 9, 1, 2, 12, 11, 10
Attendance and evaluation of classroom practices	20%	2	0.08	7, 5, 6, 8, 1, 2, 12, 11, 10, 13
Delivery of work / reports	40%	2	0.08	7, 5, 3, 8, 9, 1, 2, 12, 11, 10

Bibliography

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