

**Professional Experiences in Sport and Exercise
Psychology**

Code: 43892
ECTS Credits: 6

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

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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Use of Languages

Principal working language: spanish (spa)

External teachers

- Aida Castellà
 - Andrea Pérez
 - Anna Merayo
 - Beatriz Galilea
 - Catarina Sousa
 - Edu Morelló
 - Fernando Gimeno
 - Jaume Martí
 - Pere Alastrué
 - Vicenç Raluy
- Guillermo Pérez
Josep Font

Prerequisites

There is not.

Objectives and Contextualisation

The objective of this module is that the student knows different professional experiences in the field of Psychology of Sport and Physical Activity. The module will involve around 15 professionals with proven experience, giving students different relevant aspects in their path, such as: their studies and training; his professional career, highlighting the most relevant aspects of the CV related to the discipline; the current professional dedication related to the discipline, detailing the type of task, the time of dedication; the theoretical and methodological approach; the detail of those most impressive or innovative professional experiences; or the satisfaction / dissatisfaction in professional practice.

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.
- 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.
- Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
- 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. Analyse the effects of sports activity on the health and well-being of practitioners of sports and exercise.
2. Choose the most suitable intervention techniques for performing psychological interventions in the field of sport and exercise.
3. Continue the learning process, to a large extent autonomously.
4. Critically analyse sport psychology interventions performed on the basis of different theoretical approaches.
5. Evaluate the effects of psychological interventions and identify deficiencies in the design of the interventions.
6. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
7. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
8. Show skills in interpersonal relations with sports agents (trainers, judges, managers, sportspersons and fans) and the families of school-age sportspersons.
9. Synthesise the role of the different psychological processes in adult sports practitioners' performance and abandonment.
10. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.
11. Work in teams in a coordinated and collaborative way, and show skills in working in interdisciplinary teams.

Content

Different professionals will explain their experience from the following script:

Studies and training.

Professional career, highlighting the most relevant aspects of the CV related to the discipline.

Current professional dedication related to the discipline, detailing the type of task, the time of dedication.

Theoretical and methodological approach.

Detail of those most impressive or innovative professional experiences.

Satisfactions / dissatisfactions in professional practice.

Describe a case study by applying the preferred intervention technique.

Methodology

The methodology of the subject will be based on the coordinated development of a series of activities (directed, supervised and autonomous) that will guide the student towards the achievement of learning outcomes.

Directed activities:

The guided teaching sessions of the subject will consist of synchronous virtual master classes by teachers and the presentation of reports by students.

Supervised activities:

Monitoring virtually of students' work.

Autonomous activities:

Study. Confrontation of the material provided to the master class with the chapters of the manuals of the subject and with the recommended articles. Development of schemes and summaries. Written preparation of reports on the professional experiences presented in the sessions.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Master classes and presentation of works.	35	1.4	1, 7, 6, 2, 11, 10
Type: Supervised			
Work tutorials	10	0.4	4, 5, 8, 3, 2
Type: Autonomous			
Reading articles and reports of interest. Preparation of works and reports	98	3.92	4, 7, 8, 6, 3, 11, 10

Assessment

The evaluation of this subject will be carried out based on 3 learning evidences.

EV1: Summary report on class exposures, with a value of 40% of the final grade

EV2: Student portfolio, with reports and work requested on professional experiences presented in class. It has a value of 40% of the final grade.

EV3: Intervention in the face-to-face sessions, with a value of 20% of the final grade.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Delivery of papers / reports	40%	2	0.08	4, 1, 7, 8, 6, 2
Session Interventions	20%	3	0.12	8, 6, 9, 10

Bibliography

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Horn, T. (2008) (Ed.). *Advances in sport psychology*. Champaign, Il.: Human Kinetics.

Rotella, B. y Cullen, B. (1999). *El golf es el juego de la confianza*. Madrid: Tutor.

Weinberg, R.S. y Gould,D. (2010). *Fundamentos de psicología del deporte y el ejercicio físico* (4ª Ed). Madrid:Editorial Panamericana.

Williams, J.M. & Krane, V. (2015). (Eds.) *Applied Sport Psychology. (7 Ed.)*. McGraw Hill. Nueva York.