

**Psychological Training in Specific Sports**

Code: 43890  
ECTS Credits: 9

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

**Contact**

Name: Joan Emili Palmí i Guerrero  
Email: joan.palmi@uab.cat

**Use of Languages**

Principal working language: spanish (spa)

**Teachers**

Saül Alcaraz García  
Eduardo Amblar Burgos

**External teachers**

Alex Gordillo  
Alex Latinjak  
Aurelio Olmedilla  
Carles Ventura  
Joan Palmi  
Jordi Renom  
Josep Font  
Noemi Bonet  
Pep Marí  
Samuel Garcia

**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 proposi

First of all, a sports classification is performed according to the different levels of relationship (type of track, numl

Secondly, the most common psychological assessment systems applied to different sports are valued, and finall

## 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, collaboration-opposition).
- \* Moments and psychological characteristics in the sports worked.
- \* Psychological assessment systems in specific sports
- \* Psychological intervention in specific sports:

- Horse riding - Roller hockey. - Basketball - Football - Tennis - Golf - Sailing -E. Motor - Atletism -e-Sports - Taekwondo - swimming

## 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

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

## Activities

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

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
written tests	40%	2	0.08	4, 3, 8, 9, 1, 2, 12, 10, 11
Attendance and evaluation of classroom practices	25%	2	0.08	7, 5, 6, 8, 1, 2, 12, 10, 11, 13
Delivery of work / reports	35%	2	0.08	7, 5, 3, 8, 9, 1, 2, 12, 10, 11

## Bibliography

Anderson, M. B. (2000). *Doing sport psychology*. Champaign, IL.: Human Kinetics.

- Anderson, A.C., Knowles, Z. i Gilbourne, D. (2004). Reflective practice for Sport psychologist: concepts, models, practical implications, and thoughts on dissemination. *The Sport Psychologist* 18, 188-203.
- Cox, R.H. (2009). *Psicología del deporte. Conceptos y sus aplicaciones* (6ª Ed). Madrid : Ed. Panamericana.
- Dosil, J. (2006) (Ed.). *The sport psychologist's handbook*. John Wiley & Sons: Chichester.
- Horn, T. (2008) (Ed.). *Advances in sport psychology*. Champaign, IL: Human Kinetics.
- Lathlean, T.J.; Gastin, P.B.; Newstead, S.V.; Finch, C.F. (2020). Player Wellness (Soreness and Stress) and Injury in Elite Junior Australian Football Players Over 1 Season. *Intern. J. Sports Phys. Perform.* 15, 1422-1429.
- Lourido, D.T., Arce,C. i Ponte,D. (2018). Adaptation of the Test of Performance Strategies Competition Subscale to Spanish. *Psicothema*, 30(1), 123-129
- Mujika,I., Halson,S., Burke,M.L., Balagué, G. i Farrow,D. (2018). An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. *International Journal of Sports Physiology and Performance*, 13, 538-561
- Palmi,J.(2020). Modelo de Estado óptimo de rendimiento (EOR). En *Actas III Congreso Internacional sobre Futbol, Futbol sal y Psicología*. 43-45. Santiago de Compostela; Universidade de Santiago,
- Palmi, J.; Alcubierre, N.; Gil Moreno de Mora, G.; Reig, F. i Planas-Anzano, A. (2021).4BR: Educational Training Programme for the Prevention of Sports Injuries in Young Athletes. *Int. J. Environ. Res. Public Health*, 18, 5487.
- Palmi, J.; Planas, A. i Solé, S. (2018) Intervención Mindfulness de Rehabilitación de un Deportista Lesionado: Caso en Futbol Profesional. *Rev. Psicol. Deporte* 27, 115-122.
- Available online: <https://www.rpd-online.com/article/view/v27-n1-palmi-planas-sole69338>
- Palmi,J. i Riera,J. (2017). Las competencias del deportista para el rendimiento. *Cuadernos de Psicología del Deporte*,17(1), 13-18.
- Reig, F.; Planas, A.; Rosselló, L.; Pifarré, F.; Ticó, J.; Sans, N. i Prat, J.A. (2019) La fuerza dinamométrica en adolescentes. Una revisión sistemática y los percentiles normativos. *Acta Pediátrica Española*, 77, 122-129.
- Riera,J., Caracuel,J.C.,Palmi,J. i Daza,G.(2017). Psychology and Sport: The athlete's self skills. *APUNTS Educació Física y deportes*, 127(1), 82-93
- Rotella, B. i Cullen, B. (1999). *El golf es el juego de la confianza*. Madrid: Tutor.
- Weinberg, R.S. i Gould,D. (2010). *Fundamentos de psicología del deporte y el ejercicio físico* (4ª Ed). Madrid:Editorial Panamericana.
- Weinberg, R.S. i Gould,D. (2018), *Foundations of Sport and Exercise Psychology*. 7 th Ed. (Cap.11-16). Cloth Pass/Kycd: Human kinetics.
- Williams, J.M. i Krane, V. (2020). (Eds.) *Applied Sport Psychology*. (8 Ed.). McGraw Hill. Nueva York.

## Software

Not applicable