

**Physiological, Psychological, Pedagogical and  
Social Principles of Physical Exercise and Sport**

Code: 43884  
ECTS Credits: 9

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

## Contact

Name: Gabriel Daza Sobrino

Email: Desconegut

## Teaching groups languages

You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject. Please note that this information is provisional until 30 November 2023.

## External teachers

Anna Vilanova Soler

Carles González Arévalo

Carles Ventura Vall-Ilovera

Joan Solé Fortó

Unai Sáez de Ocáriz Granja

## Prerequisites

It is recommended to be familiar with the virtual learning platform in order to follow and interact with the contents of the module. The command of the English language is advised.

## Objectives and Contextualisation

The objective of this module is that the student deepens in the study of the different physiological, psychological, pedagogical and sociological aspects and training theory linked to physical activity and sport:

- Physiological bases of physical activity and sports.
- Psychological bases of physical activity and sports.
- Pedagogical basis of physical activity and sport.
- Social bases of physical activity and sports.

## Competences

- Analyze critically the most current theories, models and methods in psychological research.
- Analyze the psychological factors that impact sports initiation, performance and abandonment.
- 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.
- Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
- 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. Analyse the effects of sport activity on the lifelong health and well-being of sports practitioners.
2. Analyse the effects of sports initiation on the health and well-being of children, adolescents and young adults.
3. Continue the learning process, to a large extent autonomously.
4. Identify the main characteristics of theoretical approaches in the study of sport and exercise psychology.
5. Identify the main theoretical models used to study exercise and its links to health.
6. Identify the main theoretical models used to study psychological aspects of sports performance.
7. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
8. Integrate the different models of intervention in sport psychology with regard to physiological, pedagogical and sociological factors.
9. Optimize performance and prioritize the welfare of sportspersons with an ethical commitment.
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

### 1. Bases of sports training

#### 1.1. Introduction to sports training

Sports training theory: definition and purposes

Training concept and goals

Actions to develop a training

Sports training methodologies

#### 1.2. Phases of the sports training process

Analysis of the sports discipline

Fitness diagnosis

Formulation of objectives

Periodization

Programming

Design

Realization

Control

### 1.3. Relationships between adaptation and training load

The process of adapting to sport

Overcompensation type

Aspects that determine the training load

### 1.4. Examples of Planning

Individual sports

Situation sports

## 2. Pedagogical bases of physical activity and sport

### 2.1. Pedagogy of motor behaviors

The theory of motor action

Internal logic, sectors and domains of motor action

Motor behavior

## 3. Psychological bases of physical activity and sport

### 3.1. Basic psychological aspects

Functional psychological model and its application to the sports field.

Psychobiological, psychophysical and psychosocial adaptation.

Anticipation and sport.

Basic psychological factors from the functional model for learning and sports performance.

Functional integration and its application to the sports dimension.

### 3.2. Skills and Aptitudes in sport

Fitness in sport

Relational model of skills

Learning skills in sport

## 4. Social bases of physical activity and sport

### 4.1. Sociology applied to physical activity and sport

Influence of physical activity and sport on the psychosocial development of the individual

## Methodology

The methodology used is based on addressing the learning process from an open, participatory and constructive environment. Different teaching strategies will be used, directed to the whole class, in small groups and in a personalized way. We want to encourage reflection and the construction of critical knowledge. The way to develop the sessions is mitjaçant:

- Master classes
- Oral presentation of works
- Tutorials
- Reading articles / reports of interest
- Preparation of works 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 class	33	1.32	4, 5, 6, 10, 11
Presentación oral de treballs	11	0.44	3, 7, 12
Type: Supervised			
Tutorials	44	1.76	1, 2, 9
Type: Autonomous			
Preparation of works	54	2.16	1, 2, 7, 8, 11
Reading articles / reports of interest	49	1.96	1, 2, 8, 10

## Assessment

The continuous evaluation implies the regular attendance, participation and the development of the formative activities proposed in each one of the sessions. The use and mastery of skills and knowledge will be assessed through the activities of:

- Synthetic written tests
- Written works / reports
- Oral presentation of works

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Design a report	15	8	0.32	3, 6, 10
Elaboration of work	20	8	0.32	1, 4, 5, 12
Learning folder	10	4	0.16	1, 7, 9
Oral defense	10	2	0.08	7, 8, 11
Oral presentation	5	2	0.08	2, 7, 12
Reflection report	15	4	0.16	3, 4, 8, 9, 11
Synthesis work	10	4	0.16	6, 7, 8
Test type test	15	2	0.08	2, 4, 5, 11

## Bibliography

Cox, R.H. (2009). *Psicología del Deporte*. Madrid: Editorial Médica Panamericana.

De la Vega, R., Del Valle, S., Maldonado, A., & Moreno, A. (2008). *Pensamiento y acción en el deporte*. Wanceulen: Sevilla.

Dosil, J. (Ed.). (2006). *The sport psychologist's handbook: A guide for sport-specific performance enhancement*. John Wiley & Sons. <https://onlinelibrary.wiley.com/doi/book/10.1002/9780470713174>

Hackfort, D., Schinke, R. J., & Strauss, B. (Eds.). (2019). *Dictionary of sport psychology: sport, exercise, and performing arts*. Academic Press. <https://www.sciencedirect.com/science/book/9780128131503>

Garcés, E.J., Olmedilla, A., & Jara, P. (2006). *Psicología y Deporte*. Murcia: Diego Marín.

Olmedilla, A., Abenza, L., Boladeras, A., & Ortín, F. (2011). *Manual de Psicología de la Actividad Física y del Deporte*. Murcia: Diego Marín.

Riera, J. (2005). *Habilidades en el deporte*. Barcelona: INDE.

Solé, J. (2008). *Teoría del entrenamiento deportivo*. Barcelona: Sicropat Sport.

Solé, J. (2006). *Planificación del entrenamiento deportivo*. Barcelona: Sicropat Sport.

Tenenbaum, G., & Eklund, R. C. (Eds.). (2020). *Handbook of sport psychology*. John Wiley & Sons. <https://onlinelibrary.wiley.com/doi/book/10.1002/9781118270011>

Weinberg, R.S., & Gould, D. (2010). *Fundamentos de Psicología del deporte y del Ejercicio Físico*. Madrid: Editorial Panamericana.

## Software

No specific software required