

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

## Contact

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## Teachers

Lluís Capdevila Ortís

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## Teaching groups languages

You can view this information at the [end](#) of this document.

## Prerequisites

None.

## Objectives and Contextualisation

This subject provides students with a grounding in the three main methods of assessment used in psychology of sport and physical activity. Doing practical activities, students will acquire the knowledge necessary to design empirical or theoretical research in the field of health and sport psychology and to use the scientific method in applied professional settings. Students will develop skills related to data management, analysis and interpretation and to search, select, critically read and synthesize relevant information for scientific research and professional activity.

## 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 scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

## Learning Outcomes

1. Apply the criteria and procedures used to identify the main characteristics of theoretical approaches in sport and exercise psychology studies.
2. Choose the quality criteria for assessing a qualitative research project, as opposed to those used in assessing a quantitative research project.
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. Know the criteria that an assessment result should meet to be given credence by different audiences.
6. Prepare a slide to show descriptive research results graphically and interpret them.
7. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
8. Sketch out the stages, instruments and procedures in the assessment of a particular intervention in sport psychology, using at least two different assessment techniques in the discussion of new cases.
9. Sketch out the stages, instruments and procedures in the assessment of a particular intervention in sport psychology, using at least two different assessment techniques.
10. Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
11. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

## Content

This subject is structured into the following sections:

Unit 1. Methods: Planning designs for intervention.

1. How to make an intervention for change. 2. How to manage variability. 3. Control of confounding factors.

Unit 2. Methods: Outcome measures.

1. How to measure outcomes. 2. Quality of outcome measures.

Unit 3. Methods: Data analysis.

1. Graphical representation. 2. Visual analysis. 3. Statistical analysis.

Unit 4. Techniques of assessment in physical activity and sport psychology.

1. Psychophysiological assessment. 2. Cognitive and behavioral assessment. 3. Evaluation of an intervention.

## Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
lectures	30	1.2	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11
Type: Supervised			
tutorials	32	1.28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11
Type: Autonomous			
autonomous activities	82	3.28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

### Attendance-based/directed

#### Lectures

### Supervised

#### Tutorials

### Autonomous

#### Reading of papers and reports

#### Development of reports and presentations

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.

## Assessment

### Continuous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Delivery of written reports	50%	3	0.12	3, 4, 7, 8, 9, 10, 11
Oral presentations	50%	3	0.12	1, 2, 3, 5, 6, 7, 10, 11

The assessment activities will be scheduled throughout the course. Over the sessions, students deliver written reports and oral presentations about the topics covered. Some of the assessment activities will be attendance-based whereas other will be autonomous activities.

This subject/ module does not provide for a single assessment system.

## Bibliography

León, Orfelio G. y Montero, Isabel (2003). *Métodos de investigación en Psicología y Educación [Research methods in Psychology and Education]*. McGraw Hill.

Montero, Isabel y León, Orfelio G. (2002). Clasificación y descripción de las metodologías de investigación en Psicología. *International Journal of Clinical and Health Psychology*, 2(3), 503-508.  
<http://www.aepc.es/ijchp/articulos.php?coid=Espa%EF%BF%BDol&id=53>

Fisterra atención primaria en la red (s.f.) *Metodología de la investigación [Research methods]*. Elsevier.  
<http://www.fisterra.com/formacion/metodologia-investigacion/>

Capdevila, L. (1997). Metodología de evaluación en Psicología del deporte [Assessment methods in sport Psychology]. En J. Cruz (Ed.). *Psicología del Deporte [Sport Psychology]*(pp. 111-145). Madrid: Síntesis.

Rodas, G., Pedret, C., Capdevila, L. y Ramos, J. (2008a). Variabilidad de la frecuencia cardiaca: concepto, medidas y relación con aspectos clínicos (I) [Heart rate variability: Definition, measurement and clinical relation aspects (I)]. *Archivos de Medicina del Deporte*, 25 (123), 41 - 47.

Rodas, G., Pedret, C., Capdevila, L. y Ramos, J. (2008b). Variabilidad de la frecuencia cardiaca: concepto, medidas y relación con aspectos clínicos (II) [Heart rate variability: Definition, measurement and clinical relation aspects (II)]. *Archivos de Medicina del Deporte*, 25 (124), 11 - 18.

## Software

no specific software needed

## Language list

Name	Group	Language	Semester	Turn
(TEM) Theory (master)	1	Spanish	first semester	afternoon