Research Strategies in Sport and Exercise Psychology

Code: 43886
ECTS Credits: 6

2024/2025

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

Contact

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Teachers

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Teaching groups languages

You can view this information at the end of this
document.

Prerequisites

This course is scheduled for the second semester of the first year and there is no established prerequisites for
it.

Objectives and Contextualisation

The objectives of this course are:

- To familiarize the student with the Master Project and start to define the demand
- To work on the scientific research in specialized data bases
- To analyze and describe the different sections of an academic work or a scientific article
  - Formal aspects
  - Introduction
  - Method
  - Results
  - Discussion
  - References
  - To discuss about the originality and the contributions of the scientific literature

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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 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. Choose the most appropriate instruments for a research project in sport and exercise psychology, explaining why they are suitable.
2. Choose the most significant results of a research project and highlight their contribution to the scientific literature in sport and exercise psychology.
3. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
4. Discuss, from a critical perspective, the suitability of intervention proposals to satisfying a particular demand in the field of sport and exercise psychology, and evaluate their effectiveness rigorously.
5. Identify the main characteristics of theoretical approaches in the study of sport and exercise psychology.
6. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
7. Plan out a realistic research design in line with the objectives set.
8. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
9. Solve problems in new or little-known situations within broader (or multidisciplinary) contexts related to the field of study.
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

- Academic work: format, structure and contents
- Search of updated information in data bases
- The introduction in academic documents
- The method in academic documents

- The results in academic documents
- The discussion in academic documents

Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Master classes	32	1.28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Type: Supervised			
Tutoring sessions and workshops	17	0.68	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Type: Autonomous			
Reading, exercises and study	61	2.44	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Directed

- Lectures

Supervised

- Meetings with the tutor

Autonomous

- Reading articles/reports of interest

- Elaborating assignments and reports

Activities can be adjusted due to the corona Pandemia and the Health state.

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

Continous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1. Search in scientific data bases	25%	10	0.4	2, 3, 4, 5, 8, 9, 11
EV2. Proposal of an original investigation	25%	10	0.4	1, 3, 6, 7, 10, 12
EV3. Evaluation of published tables and figures	25%	10	0.4	2, 4, 5, 6, 9, 11
EV4. Pòster	25%	10	0.4	2, 7, 11

The evaluation of the subject will consist of 3 autonomous activities related to the topics of the master classes. Students will have to elaborate a report based on each activity

The single assessment will take place at the end of the semester. It will consist of a 4-hour face-to-face test in which the 4 evaluation evidences will be evaluated in the following format: a) exam, b) oral presentations, and c) poster.

Bibliography

American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). https://doi.org/10.1037/0000165-000

Software

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Language list

Name	Group	Language	Semester	Turn
(TEm) Theory (master)	1	Spanish	second semester	afternoon