

**Research Strategies in Sport and Exercise
Psychology**

Code: 43886
ECTS Credits: 6

2025/2026

Degree	Type	Year
Psychology of Sport and Physical Activity	OB	1

Contact

Name: Miquel Torregrossa Alvarez

Email: miquel.torregrossa@uab.cat

Teachers

Yago Ramis Laloux

Marta Borrueto Carmona

Miquel Torregrossa Alvarez

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
- Reflect on the use of generative artificial intelligence in the preparation of academic papers
- 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

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	8, 4, 1, 5, 7, 9, 3, 6, 2, 10, 12, 11
Type: Supervised			
Tutoring sessions and workshops	17	0.68	8, 4, 1, 5, 7, 9, 3, 6, 2, 10, 12, 11
Type: Autonomous			
Reading, exercises and study	61	2.44	8, 4, 1, 5, 7, 9, 3, 6, 2, 10, 12, 11

Directed

- Workshop on analysis and writing of scientific articles

Supervised

- Meetings with the tutor

Autonomous

- Reading articles/reports of interest
- Elaborating assignments 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.

Assessment

Continous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1. Critical evaluation of existing research	25%	10	0.4	8, 4, 5, 9, 3, 2, 11
EV2. Proposal of an original investigation	25%	10	0.4	1, 7, 3, 6, 10, 12
EV3. Evaluation of published tables and figures	25%	10	0.4	4, 5, 9, 6, 2, 11
EV4. MT Project pesentation	25%	10	0.4	7, 2, 11

Evidence Code	denomination	Percent	Format	Authorship	Via	Week
Ev1.	Critical evaluation of existing research	25	written	Individual	Presential	4
EV2.	Proposal of an original investigation	25	written	Individual	Presential	5
EV3.	Evaluation of published tables and figures	25	written	Individual	Both	7
EV4.	MT Project pesentation	25	Oral	Individual	Presential	11
Kind of feedback		Evidence		Week		
Written						
Digital tool		EV4		12		
Classroom		EV1		4		
tutorial		EV2		7		
		EV3		10		

The student who presents 40% or less of the evaluative weight of the evidence will be considered non-evaluable.

The single evaluation will be carried out 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) Written reflection, b) Oral presentations, and c) Written test with open questions.

In this subject, the use of Artificial Intelligence (AI) technologies is allowed as an integral part of the development of the work, provided that the final result reflects a significant contribution of the student in the analysis and personal reflection. The student must clearly identify which parts have been generated with this technology, specify the tools used and include a critical reflection on how these have influenced the process and the final result of the activity. The lack of transparency in the use of AI will be considered a lack of academic honesty and may lead to a penalty in the grade of the activity, or greater sanctions in serious cases.

Bibliography

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

Software

-

Groups and Languages

Please note that this information is provisional until 30 November 2025. You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject.

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