

Degree	Type	Year
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

There are no specific prerequisites for the module.

## Objectives and Contextualisation

This model may seem that students are able to:

- Know and apply the assessment tools for psychological intervention applied to the areas of sports initiation, performance and healthy physical activity.
- Know the main techniques of psychological intervention, guidance in the context of sports production.
- Choose the psychological technique that can best fit all three in each particular case.
- Apply the corresponding technique / psychological issues according to the criteria of effectiveness.

## Competences

- Analyze critically the most current theories, models and methods in psychological research.
- 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.
- 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.
- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
- 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. Choose and apply the appropriate techniques, procedures and protocols for detecting and evaluating the different problem areas in the field of sport and exercise.
2. Continue the learning process, to a large extent autonomously.
3. Identify the most suitable evaluation instruments and systems for responding to the needs and requirements of the different sport agents (practitioners, trainers, clubs, etc.).
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 evidence-based techniques, procedures and protocols for evaluating and intervening in the main problem areas in the field of sport and exercise.
6. Know the main research methods and identify their suitability in relation to the demands of sport.
7. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
8. Summarise the main mechanisms involved in the psychological processes that intervene in the different sports agents, based on current theories and models.
9. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

## Content

### Assessment instruments

- Anamnesis and interview.
- Assessment questionnaires.
- Observation and recording.
- Psychophysiological measures

### Psychological intervention techniques

- Goal setting
- Thought management: self-talk and beliefs
- Activation management.
- Attentional management
- Mental imagery management.
- Communication management
- Group management
- Self-talk

## Applications

- Case studies

## Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Directed	48	1.92	6, 5, 3, 4, 1, 8
Type: Supervised			
Supervised	48	1.92	3, 4, 1, 8, 9
Type: Autonomous			
Autonomous	129	5.16	7, 3, 4, 1, 8, 9

For the development of the module, 3 types of training activities are planned:

48 hours of face-to-face teaching activity in the classroom. Most of these hours correspond to lectures with the highest participation by the teacher.

48 hours supervised with group work training activity, tutorials.

129 hours corresponding to autonomous work by the student: search for information, study, preparation of tests and work.

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
Attendance	10%	0	0	5, 4

Delivery of work / Reports	60%	0	0	7, 6, 5, 4, 2, 1, 9
Oral presentation of works	30%	0	0	5, 3, 4, 2, 1, 8, 9

Attendance: active attendance in classes

Written work: development on a case making use of the contents developed in the module.

Oral presentation: summary presentation of the written work.

#### Use of AI

For this subject, the use of Artificial Intelligence (AI) technologies is permitted exclusively in support tasks, such as bibliographic or information searches, text correction or translations. 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 in this assessable activity will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, or greater sanctions in serious cases.

#### Observations

Return Type	EV and TYPE	WEEK
In the classroom	Oral presentation of work	16
Digital tool (Rubric)	Submission of work/reports	18

## Bibliography

Font, J. (2018). *Psicología aplicada al MotorSport*. Editorial EOS.

León, E.M., & Garcés de los Fayos, E.J. (2024). *Fundamentos de Psicología del Deporte*. Editorial Médica Panamericana.

Mora, J.A. & Díaz, J. (2008). *Control del pensamiento y sus estrategias en el Deporte*. Editorial EOS.

Moran, A. & Toner, J. (2018). *Psicología del Deporte*. Editorial Manual Moderno.

Salom, M., Núñez, A., & Leguizamo, F. (2023). *Psicología del Deporte. Una aproximación práctica desde la evidencia científica*. Editorial Médica Panamericana.

Weinberg, R.S. & Gould, D. (2010). *Fundamentos de psicología del Deporte y del EjercicioFísico*. Madrid: Editorial Médica Panamericana.

## Software

No specific software is required

## 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	Spanish	second semester	afternoon