Master's Degree Dissertation

Code: 43894
ECTS Credits: 12

2025/2026

Degree	Type	Year
Psychology of Sport and Physical Activity	OB	2

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 module does not have prerequisites, but it is recommended that the student completes all the modules of the first and second semesters of the Master's Degree in Psychology of Sport and Physical Activity prior to enrolling in this module with a special mention to the subect "Research Strategies". It is also recommended that the student has already an allocated supervisor and that the compromise document between student and supervisor has been signed including information about the content, timing and supervision tasks associated to the Master's Degree Dissertation.

Objectives and Contextualisation

The Master's Degree Dissertation (MDD) aims at confronting the student with a practical case of research, evaluation and/or intervention related to the activities developed in the previous modules of the Master Program, to the external practices and to the lines of research of the supervisors of the master's degree.

Once the MDD has been finished, the student should be able to:

- Present a problem or identify needs from the field of sport and physical activity psychology.
- Collect and analyze relevant information regarding the state of the art in relation to the topic of interest.
- Design and develop a series of objectives and actions that respond to the problem or opportunity.
- Communicate to different partners the relevance of the problem or the opportunity, as well as the relevance and viability of the solution or response developed.

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The expected products of the MDD include: a summary and initial project of the MDD, a written report with the design and development of the project, and a brief oral presentation of the project and the results obtained.

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.
- Continue the learning process, to a large extent autonomously.
- 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.

Learning Outcomes

1. Analyse the data compiled for the study and write up the results.
2. Communicate and justify conclusions clearly and unambiguously to both specialised and non-specialised audiences.
3. Continue the learning process, to a large extent autonomously.
4. Draw up the theoretical framework of the research question.
5. Evaluate the effectiveness of psychological interventions and draw conclusions that are applicable to sport and exercise psychology.
6. Formulate the research question that will be answered in the project.
7. Integrate knowledge and use it to make judgements in complex situations, with incomplete information, while keeping in mind social and ethical responsibilities.
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.

Content

Throughout the Master's Degree in Psychology of Sport and Physical Activity, and specifically during the supervision of the MDD, students will acquire sufficient competencies and resources to carry out their own research in the following three types:

- Professional: Development of a practical case of assessment or intervention in the context where the student has conducted his/her external practices or in a different context in which he or she has access to.

- Empirical research: A research project that, based on specific and relevant objectives, involves a data collection design and an evaluation of results.
- Theoretical research: systematic review with the purpose of (a) evaluating an existing project, program or methodology; (b) providing critical reflection on specific topics of interest with a focus on identifying areas scarcely studied or problematic in the current state of research; or (c) developing guidelines for the applied practice of different areas of professional activity in the field of sport and physical activity psychology.

The MDD can be presented in Catalan, Spanish or English. The dissertation must include abstracts in English, Catalan and Spanish. The approximate length of the dissertation should be that of a scientific article. That is, between 5000 and 7000 words including abstracts, graphic elements and references.

Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Coordination and evaluation	2.5	0.1	1, 5, 8, 6, 9, 2, 7, 3, 4, 10, 11
Type: Supervised			
Mentoring with the academic tutor	20	0.8	1, 5, 8, 6, 9, 2, 7, 3, 4, 10, 11
Type: Autonomous			
MDD Development	275	11	1, 5, 8, 6, 9, 2, 7, 3, 4, 10, 11

The 12 ECTS (300h) of the MDD are basically earned from autonomous work (275h) and, to a lesser extent, from supervised work (20h) and evaluation (2.5h). Although no directed teaching is projected in this module, there will be sessions organized during the first course of the Master's degree with the aim of (a) presenting the functioning of the module, (b) explaining in detail the characteristics and the process of preparation of the MDD, and (c) facilitating the process of supervisor allocation and preparation of the project draft.

The MDD will have a content supervisor that will track the process through different follow-up sessions. This tutoring has the purpose of clarifying the typology of dissertation, offering models and frameworks for the fundamental aspects of the dissertation, guiding students during the process and offering them feedback.

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
Final report of the MDD	65%	1.5	0.06	1, 5, 8, 6, 9, 2, 7, 3, 4, 10, 11
Initial summary of the project	15%	0.5	0.02	5, 6, 9, 2, 10, 11

Public defense	20%	0.5	0.02	1, 5, 8, 6, 9, 2, 7, 10, 11

The evaluation system of the MDD includes three results that arise from the research exercise: Initial summary of the project, final report and public defense. The evaluation of first two results will include the participation of the supervisor, whereas in the third an ad-hoc evaluation panel will be gathered.

In this course, the use of Artificial Intelligence (AI) technologies is permitted exclusively for support tasks such as information or bibliography search. Copying or plagiarism, as well as a lack of transparency regarding the use of AI, will be considered academic dishonesty and may result in partial or total penalties on the grade of the activity, or more severe sanctions in serious cases.

The feedback on the evidence will be provided by the evaluators responsible for each type of evidence (the tutor in the case of EV1-2, and the evaluation panel for the public defense (EV3)) as follows:

Type of Feedback	EV and TYPE	WEEK
Written		
Digital Tool		
In class		
Tutorial	EV 1: Initial Summary of the project (written)	W5
	EV 2: Final Report (written)	Up to 2 weeks after submission
	EV 3: Public defense (oral)	Up to 2 weeks after the defense

Bibliography

American Psychological Association. (2020). Publication manual of the American Psychological Association. American Psychological Association (7th Edition).

Appelbaum, M., Cooper, H., Kline, R. B., Mayo-wilson, E., Nezu, A. M., Rao, S. M., & Clinic, C. (2018). Journal Article Reporting Standards for Quantitative Research in Psychology : The APA Publications and Communications Board Task Force Report. American Psychologist, 73(1), 3-25.

Levitt, H. M., Bamberg, M., Creswell, J. W., Frost, D. M., & Suárez-orozco, C. (2018). Journal Article Reporting Standards for Qualitative Primary , Qualitative Meta-Analytic , and Mixed Methods Research in Psychology : The APA Publications and Communications Board Task Force Report. American Psychologist, 73(1), 26-46.

Moher, D., Libertati, A., Tetzlaff, J., & Altman, D. G. (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. Annals of Internal Medicine, 151(4), 264-270. http://doi.org/10.7326/0003-4819-151-4-200908180-00135

UAB regulation for intelectual property and data management : https://webs.uab.cat/dretsautor/

Software

Not applicable.

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.