

Applying Assessment Instruments and Intervention Techniques in Sport and Exercise Psychology

Code: 43891

Credits: 9

2026/2027

Degree programme	Type	Course
Sport and Exercise Psychology	OB	1

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Group languages

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

Prerequisites

There are no specific prerequisites for the module.

Objectives

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.

Learning outcomes

- CA24 (Adapt assessment and intervention instruments and techniques based on ethical and social considerations.) Adapt assessment and intervention instruments and techniques based on ethical and social considerations.
- CA25 (Integrate relevant information from reliable sources of information in the field of evaluation and intervention in sports psychology.) Integrate relevant information from reliable sources of information in the field of evaluation and intervention in sports psychology.
- CA26 (Design a personalized work plan based on weekly objectives, incorporating the various techniques and tools of sports and exercise psychology.) Design a personalized work plan based on weekly objectives, incorporating the various techniques and tools of sports and exercise psychology.
- KA11 (Compare models and methods of assessment in the sport and exercise psychology.) Compare models and methods of assessment in the sport and exercise psychology.
- KA12 (Identify assessment systems specific to key psychological factors in the field of sport psychology and physical activity.) Identify assessment systems specific to key psychological factors in the field of sport psychology and physical activity.
- KA13 (Compare intervention techniques in sport psychology and physical activity.) Compare intervention techniques in sport psychology and physical activity.
- SA14 (Make proper use of the nomenclature and terminology of the instruments and techniques of the discipline.) Make proper use of the nomenclature and terminology of the instruments and techniques of the discipline.

Contents

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

Learning activities and methodology

Title	Hours	ECTS	Learning outcomes
Autonomous	129	5.16	CA24, CA25, CA26, KA11, KA12, KA13, SA14
Supervised	48	1.92	CA24, CA26, KA12, SA14
Directed	48	1.92	CA24, KA11, KA13, SA14

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	Weight	Hours	ECTS	Learning outcomes

Attendance	10%	0	0	CA24, CA25, CA26, KA11, KA12, KA13, SA14
Delivery of work / Reports	60%	0	0	CA24, CA25, CA26, KA11, KA12, KA13, SA14
Oral presentation of works	30%	0	0	CA25, CA26, KA12, SA14

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 Ejercicio Físico*. Madrid: Editorial Médica Panamericana.

Software

No specific software is required

Course groups and languages

The information provided is provisional until November 30. After this date, you will be able to consult the language of each group through this [link](#). To access the information, you will need to enter the course CODE

Type of teaching	Group	Language	Semester	Shift
(TEm) Theory (master)	1	Catalan	second semester	afternoon

PROVISIONAL