

Course Unit	Sport Psychology		Field of study	Sport Sciences	
Bachelor in	Sports - Minor in Recreation and Leisure		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	5.0
Code	9563-625-1206-00-23				
Workload (hours)	135	Contact hours	T 35	TP 19	PL -
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Pedro Miguel Monteiro Rodrigues

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Understand the objectives and scope of action of the sport psychology;
2. Realize the importance of sport psychology to improve performance;
3. Understand and interpret individual and collective signs of the need for sport psychology intervention;
4. Individual and collective early intervention with specific methods and techniques;
5. Understand the benefits of physical activity to quality of life;
6. Understand the sports consumer and apply strategies of intervention and motivation for the practice.

Prerequisites

Not applicable

Course contents

1. Introduction to Sport Psychology
2. The inner states of athletes
3. Management and self-regulation of inner states
4. Adversities in Sport
5. Excellence in sport
6. Participation in sport and physical activity

Course contents (extended version)

1. Introduction to Sport Psychology
 - Definition and main relationships
 - History of Sport Psychology
 - Importance of Sport Psychology
 - Tasks and functions of the Sport Psychologist
2. The inner states of athletes
 - Personality and performance in sport
 - Mood and performance in sport
 - Sport Confidence
 - Anxiety in sport
3. Management and self-regulation of inner states
 - Self-control in sport
 - Stress and coping in elite athletes
 - To manage emotions in sport
 - The placebo effect in sport
4. Adversities in Sport
 - Sports injuries
 - Overtraining and recovering
 - Burnout
 - Elite athletes dropout
5. Excellence in sport
 - To draw objectives
 - Visualization and mental training
 - Preparation of the involved agents
 - Leadership and communication in sport
6. Participation in sport and physical activity
 - Psychological effects of exercise – quality of life
 - Individual, psychological and social factors for adherence
 - Individual, psychological and social factors for dropout
 - Motivation for the sports practice

Recommended reading

1. Blumenstein, B. ; Lidor, R. Tenenbaum, G. (2007). Psychology of sport training. Oxford : Meyer & Meyer Sport.
2. Lane, A. M. (2016). Sport and Exercise Psychology (second edition). New York: Routledge.
3. O'Boyle, Murray, D. , Cummins, P. (2015). Leadership in Sport. New York: Routledge.
4. Samulski, D. (2002). Psicologia do Esporte. Brasil: Manole Ltda.
5. Tenenbaum, G. & Eklund, R. C. (2007). Handbook of sport psychology (3 rd ed). New Jersey: John Wiley & Sons.

Teaching and learning methods

This subject will consist of 35 hours of theoretical classes where the contents will be presented, through multimedia and interactive media and 19 hours of theoretical/practical classes for the practical application of the contents and intervention techniques, through the content analysis and group discussion.

Assessment methods

1. Evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 60%
 - Development Topics - 40% (Research and content analysis of scientific articles in the field of sports psychology.)
2. Exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024