

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