

	<h2>SUBJECT DESCRIPTION</h2>	MODELO PED.012.03
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<i>Course</i>	Graduation in Sports					
<i>Subject</i>	Psychology of Sport and Exercise					
<i>Academic year</i>	2023/24	<i>Curricular year</i>	2nd	<i>Study period</i>	2nd semester	
<i>Type of subject</i>	Mandatory	<i>Student workload (H)</i>	Total: 135h	Contact: 60h	<i>ECTS</i>	5
<i>Professor(s)</i>	Teresa de Jesus Trindade Moreira da Costa e Fonseca					
<input checked="" type="checkbox"/> <i>Area/Group Coordinator</i> <input type="checkbox"/> <i>Head of Department</i>	<i>(select)</i> Teresa de Jesus Trindade Moreira da Costa e Fonseca					

Planned SD

1) LEARNING OBJECTIVES

This course is intended that the student is able to:

- i) Recognize and understand the structural dimension and the relevance of the Psychology of Sport and Exercise;
- ii) Recognize the importance and relationship of the Psychology of Sport and Exercise;
- iii) Acquire scientific knowledge inherent to the psychological mechanisms of human behavior;
- iv) Identify the most relevant psychological factors such as predictive variables of income and sporting excellence;
- v) Contact directly with reference interlocutors endowed with scientific expertise and know-how, expressed in multiple sports ambiances and contexts in which students are expected to develop their activity;
- vi) Develop a critical spirit and the taste for research;

Strengthen the ability to "read" and devising methods of intervention in sports ambiances, translated into different forms of human motor expression, which describe and explain sports performance.

2) PROGRAMME

a) Introduction to Sport Psychology (SP)

- The Sport and Physical Activity as a phenomenon Social and Cultural
- History and Organization of SP
- SP in Portugal
- SP as science and its concept
- Nature of SP
- Current Trends in Research.

b) Areas of Intervention of Sport Psychology (SP)

- Individual differences and behavior in sport
- Psychological characterization of sport activity
- Motivation and causal attribution;
- Motivation in the training process
- Activation, stress and anxiety;

	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
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- Sport, exercise and psychological well-being
- Age, sex and behavior in sport.
- c) Social Psychology of Sport
 - Psychological and Psychosocial Factors of the sports performance
 - Dynamics of groups;
 - The cohesion and group environment
 - The social involvement
 - The Philosophy of training and ethics training of the practitioner
 - Communication;
 - The relationship coach-athlete;
 - Leadership.
- d) Intervention Techniques in Sport Psychology
 - The mental training
 - Attention / concentration and motor performance.
 - Definition and management of goals in Sport.
 - Activation and self-control techniques.
 - The preparation for the competition.
 - Emotions and sport practice.
- e) Problems associated with exercise.
 - Negative Behaviors of exercise related to body image.

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

- i) Recognize and understand the structural dimension and the relevance of the Sport Psychology and Exercise, reflects the content:
 - a) Introduction to Sport Psychology
- ii) Recognize the importance and relationship of the Sport Psychology and Exercise, reflects the content:
 - a) Introduction to Sport Psychology (PD);
 - b) Areas of Intervention of Sport Psychology,
- iii) Acquire scientific knowledge inherent to psychological mechanisms of human behavior, reflects the content:
 - b) Areas of Intervention of Sport Psychology,
 - c) Social Psychology of Sport;
 - e) Problems associated with physical exercise;
- iv) Identify the most relevant psychological factors such as predictive variables of income and sporting excellence, reflects the content:
 - c) Social Psychology of Sport;
 - d) Intervention Techniques in Sport Psychology;
 - v) Contact directly with reference interlocutors endowed with scientific expertise and know-how, expressed in multiple sports ambiances and contexts in which students are expected to develop their activity, reflects the content:

	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
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- c) Social Psychology of Sport;
- d) Intervention Techniques in Sport Psychology;
- vi) Develop a critical spirit and the taste for research, reflects the content;
- b) Areas of Intervention of Sport Psychology,
- c) Social Psychology of Sport;
- d) Intervention Techniques in Sport Psychology;
- vii) Strengthen the ability to "read" and devising methods of intervention in sports ambiances, translated into different forms of human motor expression, which describe and explain sports performance, reflects the content:
- d) Intervention Techniques in Sport Psychology;

4. MAIN BIBLIOGRAPHY

4.1. Main bibliography

- Alves, J., Brito, A. (2011). Manual de Psicologia do Desporto Para Treinadores. Visão e Contextos.
- Alves, J., Brito, A. e Serpa, S. (1996). Psicologia do Desporto – Manual do Treinador. Vol.1. Ed. Psicosport.
- Antonio, J. e Cervello, E. (2010). Motivación en la actividad física y el deporte. Editorial Wanceulen.
- Cruz, J. (1996). Manual da Psicologia do Desporto. Col. Manuais de Psicologia. Ed. José Fernando Cruz, S.H.O., Lda.
- Dosil, J. (2008). Psicología de la actividad física y del deporte. 2ª Ed. Editorial McGraw-Hill.
- Giesenow, C. (2007). Psicología de los equipos deportivos: claves para formar equipos exitosos. Editorial Claridad.
- Guillen García, F. e Barata Filho, M. (2007). Psicología del entrenador deportivo. Editorial Wanceulen.
- Kremer, J. & Moran, A. (2021). Understanding Sport Psychology. SAGE Publications Ltd.
- Orlick, T. (2010). Entrenamiento mental. Como vencer en el deporte y en la vida gracias al entrenamiento mental. 2ª Ed. Col. Deportes. Badalona: Paidotribo.
- Samulski, D. (2002). Psicologia do esporte: manual para a educação física, psicologia e fisioterapia. Editora Manole.
- Tamorri, S. (2004). Neurociencias y deporte: psicología deportiva processos mentales del atleta. Editorial Paidotribo.
- Weinberg, R. & Gould, D. (2017). Fundamentos da Psicologia do Esporte e do Exercício. 6ª Edição. Artmed Editora.

4.2. Secondary bibliography

- Beauchamp, M. e Eys, M. (2017). Dinamicas de grupo en el ejercicioy en la psicologia del deporte. Paidotribo.

	SUBJECT DESCRIPTION	MODELO PED.012.03
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Calmeiro, L. e Matos, M. (2004). Psicologia do Exercício e da Saúde. Visão e Contextos.

Orlick, T. (2010). Entrenamiento mental. Como vencer en el deporte y en la vida gracias al entrenamiento mental. 2ª Ed. Col. Deportes. Paidotribo.

Serpa, S. (2017). Mente, Desporto e performance - O fator psi. Col. Aretê. Visão & Contextos.

Serpa, S. e Araújo, D. (2002). Psicologia do Desporto e do Exercício. Compreensão e Aplicações. Edições FMH e SPPD.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The classes are based on dialogic description of contents, through theoretical sessions, tutorials and laboratory practices. In the first case include (1) lecture sessions, bibliographic research, oral presentations, mandatory participation in seminars, conferences or training activities within the UC or related content, whenever deemed as crucial for the student formation. In the second case are planned: (2) experimental sessions, worksheets, reports, questionnaires, laboratory tests, discussion of problem situations and case studies. In the third case are planned (3) tutorial sessions, encouraging the student work methodologies aimed at knowledge consolidation.

Assessment is continuous and comprises:

- Two tests (45%);
- One practical work group (20%)
- One individual work (35%).

The assessment exam consists of a written test (100%).

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

- i) Recognize and understand the structural dimension and the relevance of the Sport Psychology and Exercise;
- ii) Recognize the importance and the relationship of the Sport Psychology and Exercise;
- iii) Acquire scientific knowledge inherent to the psychological mechanisms of human behaviour;
- iv) Identify the most relevant psychological factors such as predictive variables of income and sporting excellence;
- v) Contact directly with reference interlocutors endowed with scientific expertise and know-how, expressed in multiple sports ambiances and contexts, in which students are expected to develop their activity, refer to the following teaching methodologies:

	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
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1) Expository sessions, bibliographic research, oral presentations, mandatory participation in seminars, conferences or training activities within the UC or related content, whenever deemed as crucial for the student formation.

vi) Develop a critical spirit and the taste for research, refer to the following teaching methodologies:

2) Experimental sessions, worksheets, reports, questionnaires, laboratory tests, discussion of situation problem and case studies.

vii) Strengthen the ability to "read" and devising methods of intervention in sports ambiances, translated into different forms of human motor expression, which describe and explain sports performance, refer to the following teaching methodologies:

3) Tutorial sessions, encouraging the student work methodologies aimed at consolidation of knowledge.

7. ATTENDANCE

To be assessed under the continuous evaluation system, the student must necessarily:

Fulfill all evaluation criteria.

Maintain a mandatory attendance of at least 87% of the hours of theoretical-practical (TP) and Laboratory Practice (PL) contact (except student workers).

Observations:

Classes will be taught in the Portuguese language.

8. CONTACTS AND OFFICE HOURS

Teresa Fonseca, Ph.D.
Monday: 16:00 to 18:00 Thursday: 16:30 to 18:30
E-mail: tfonseca@ipg.pt
Office n.º. 1.9

February 19, 2024

DATE

February 19,2024

Clique

<p>POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA</p>	<p>SUBJECT DESCRIPTION</p>	<p>MODELO PED.012.03</p>
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SIGNATURES

Area/Group Coordinator

(Teresa de Jesus Trindade Moreira da Costa e Fonseca)

Professor

(Teresa de Jesus Trindade Moreira da Costa e Fonseca)