

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200612] Psicologia do Desporto [3181200612] Sport Psychology		
Plano / Plan:	2007/2008		
Curso / Course:	Desporto e Atividade Física Sport and Physical Activity		
Grau / Diploma:	Licenciado		
Departamento / Department:	PCE - Psicologia e Ciências da Educação		
Unidade Orgânica / Organic Unit:	Escola Superior de Educação de Viseu		
Área Científica / Scientific Area:	Ciências do Desporto		
Ano Curricular / Curricular Year:	1		
Período / Term:	S2		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0045:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[2031] Emília Da Conceição Figueiredo Martins

Outros Docentes / Other Teaching

[504055] Ana Paula Biscaia Leitão

Learning Outcomes of the Curricular Unit

- Identify the action space of sport and physical activity psychology in the setting of professional activity;
- Articulate the psychological development of the individual with readiness strategies and methods, planning and action in sport practice;
- Use adequate analysis procedures and appropriate response strategies to the specific development and behavior problems in different situations and contexts in sport and physical activity;
- Promote and optimize physical activities and sporting activities.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. Conceptual and instrumental framework of Sport Psychology and Physical Activity (SPPA):
2. Developmental and behaviour aspects of individuals in sport and physical activity
3. Basic psychological processes in SPPA
4. Contributions of physical activity to the psychosomatic equilibrium.

Demonstration of the syllabus coherence with the curricular units' learning objectives

Learning objectives focus on the psychological development of individual basics with methods and preparation of strategies, planning and action in sports, in order to sustain the professional practice as regards this specific context of action.

In this sense, the focus on content development aspects and behaviors of individuals in sport and physical activity practice, basics psychological processes in Sport Psychology, as well as methods and preparation strategies, planning and sport practice action, so that students can understand these tracks development and also intervene in order to monitor and promote, using appropriate educational strategies.

Teaching Methodologies (Including evaluation; Lim:1000)

The methodology will consist of moments of lectures when the objective to achieve the development of declarative skills. In parallel, there might be recurrence to moments of reflection and analysis of various documents (written and audiovisual records), as well as settlement of exercises of application of knowledge, individually and in groups.

Evaluation includes:

A written test - 80%

A thematic synthesis work and/or reports of activities made during classes - 20%.

Demonstration of the coherence between the teaching methodologies and the learning outcomes

Learning objectives focus on the psychological development of individual basics with methods and preparation of strategies, planning and action in sports, in order to sustain the professional practice as regards this specific context of action. The methodologies privileged lecture moments and moments of reflection and analysis of various documents (written and audiovisual recordings), as well the settlement and solving of exercises of knowledge referred to lectures, individually and in-group.

Hence, we intend to promote the possibility to simulate or analyze real situations contexts, in order to get closer the theoretical skills and instrumentality of the same for practice in sport and physical activity context.

Bibliografia / Bibliography (Lim:1000)

Aoyagi, M., Pocswardowsky, A., & Shapiro, J. (2017). The peer guide to Applied Sport Psychology for consultants in training. Routledge

Biddle, S., & Mutrie, N. (2015). Psychology of physical activity: determinants, well-being and interventions (3rd ed.). Routledge

Dosil, J. (2008). Psicologia de la Actividad Física y del Deporte (2a ed.). McGrawHill

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Huber, J. (2013). Applying Educational Psychology in Coaching Athletes. Human Kinetics Publishers

Jackson, B., Dimmock, J., Compton, J., Turner, M. Bennett, R., Latinjak, A., Hatzigeorgiadis, A., Ruiz, M., Robazza, C. & Wadey, R. (Eds.). (2020). Routledge Psychology of Sport, Exercise and Physical Activity. Routledge Taylor and Francis Group

Lane, A. M. (2016). Sport and Exercise Psychology (2nd ed.). Routledge

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