

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200628] Dinâmica de Grupo no Desporto		
	[3181200628] Group Dynamics in Sport		
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:	Psicologia		
Ano Curricular / Curricular Year:	3		
Período / Term:	S1		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0045:00	(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

[2140] Susana Barros Fonseca

Outros Docentes / Other Teaching

[2140] Susana Barros Fonseca

Learning Outcomes of the Curricular Unit

- 1) Provide individual or group technical support relative to specific difficulties checked in groups, through the act
- 2) Conceive, use and evaluate the didactical resources to intervene in sport and physical activities contexts;
- 3) Know how to use the procedure and socio-pedagogic techniques to analyse and intervene in sport context;
- 4) Use specific intervention techniques in sport and physical context and community context (group dynamics,m
- 5) Acquire and develop techniques of effective communication, group dynamic techniques and the domain ofne;
- 6) Differentiate and characterize the progress stages of sport team;
- 7) Differentiate and characterize the factors that influence the sport group dynamic.

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Syllabus (Lim:1000)

1. Conceptual Framework of Group Dynamics Psychology
 - 1.1. Genesis and Development of Group Dynamics
2. The organization of athlete behaviour and objectives establishment
 2. 1. Management principles and characteristics of objectives
3. The individual in the group and social interaction
 - 3.1. Introduction to the study of groups
4. Leadership and group processes
 - 4.1. Definition of the concept, types of leadership and group efficiency
 - 4.2. Leadership as a process of social influence
5. Group(s) Management Processes
 - 5.1. The conflict
 - 5.2. Decision making process
6. Anxiety and stress in the sport context
 - 6.1. Anxiety and stress: concepts and explanatory models
 - 6.2. Strategies for Dealing with Stress and Anxiety

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

The course contents are consistent with the objectives of the curricular unit, because: Point 2, 3, 6 of the syllabus meant to achieve 2nd, 3rd and 6th goals. Point 1, 4, 5 of the syllabus meant to achieve the 1st, 4th, 5th, 7th and

Teaching Methodologies (Including evaluation; Lim:1000)

In classes, in addition to theoretical explanations of the professor, to develop the student proactivity and the opportunity also promoted: group work, consultation documents, dynamic groups.

Evaluation will be conducted in accordance with Regulation and includes three arrangements as the case may apply. For the evaluation under normal and special assessment: written test 70%

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

The teaching methodologies are coherent with the objective of unit curricular (1 to 6), as it consider a more explicit proactivity of the student, and the application opportunity of interpersonal strategies learned: group work, document consultation, problem solving, in order to domain knowledge. Assessment methods allow to achieve t

Bibliografia / Bibliography (Lim:1000)

- Alves, J. & Brito, A. (2011). Manual de Psicologia do Desporto para Treinadores. São Paulo: Visão e Contextos
- Ballenato, G. (2005). Trabajo en equipo: dinámica y participación en los grupos. Madrid: Ediciones Pirámide.
- Baron, R.(2001). Psicologia Social. Madrid: Prentice Hall.
- Carron, A. & Eys, M. (2012). Group Dynamics in Sport (4th Ed.). USA: FIT Publishing.
- Fachada, O. (2012). Psicologia das Relações Interpessoais (2ª ed.). Lisboa: Edições Sílabo.
- Gill, D., Williams, L., & Reifsteck, E. (2017). Psychological Dynamics of Sport and Exercise (4th Ed.). United Kir
- Jowett, S. & Lavalley, D. (2007). Social Psychology in Sport. United Kingdom: Human Kinetics.
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