



## IDENTIFYING DATA

### Psychology of sports training

Subject	Psychology of sports training			
Code	P02G050V01911			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	1st
Teaching language	Galician			
Department				
Coordinator	Dosil Díaz, Joaquín			
Lecturers	Dosil Díaz, Joaquín			
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Web				
General description				

## Competencies

Code	
A1	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas
A2	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica de actividade física e deporte entre a poboación escolar
A3	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, na proposta de tarefas nos procesos de ensino-aprendizaxe a través da actividade física e o deporte
A4	(*)Capacidade para identificar os riscos que se derivan para a saúde dos escolares debido á práctica de actividades físicas inadecuadas
A5	(*)Capacidade para planificar, desenvolver e avaliar a realización de programas de deporte e actividade física escolar
A6	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade nos procesos de ensino-aprendizaxe a través da actividade física e do deporte
A7	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
A8	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo
A9	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo
A10	(*)Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo
A11	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de adestramento deportivo
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
B1	(*)Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte
B2	(*)Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte
B10	(*)Coñecemento e comprensión dos fundamentos do deporte
B11	(*)Coñecemento e comprensión dos principios éticos necesarios para o correcto exercicio profesional
B12	(*)Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte
B13	(*)Hábitos de excelencia e calidade no exercicio profesional
B14	(*)Utilización da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións
B17	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
B24	(*)Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional
B25	(*)Habilidade de liderado, capacidade de relación interpersonal e traballo en equipo

<b>Learning aims</b>		
Expected results from this subject	Training and Learning Results	
(*)Identificar e planificar a resolución de situacións educativas que afectan a estudantes con diferentes capacidades e distintos ritmos de aprendizaxe.	A1 A2 A3 A4 A5 A6 A7 A8 A9 A11 A12	
(*)Comprensión da psicoloxía específica de cada modalidade deportiva, así como tratar cos deportistas e adestradores.		B10 B11 B13 B24 B25 B26
(*)Coñecemento das estratexias máis efectivas para traballar no ámbito da psicoloxía do adestramento deportivo	A1 A2 A3 A4 A5 A6 A7 A8 A9 A10 A11 A12	B1 B2 B10 B11 B12 B13 B14 B17 B25 B26

<b>Contents</b>	
Topic	
1. Psychology in the initiation sport.	1. Educational approach of initiation sport. 2. Reasons for begin and left the sport 3. Triangle of initiation 4. Components os initiation pentagon
2. Mental training, preparation for competitions and trainings.	1. Concept of mental training. 2. You level of couching. 3. Evaluation and planning the mental training. 4. Psychological preparation to training. 5. Psychological preparation for competition.
3. Psychological strategies to intervention.	1. Intervention techniques 2. Establishing objectives 3. Relaxation 4. Visualization 5. Cognitive Techniques 6. Biofeedback and neurofeedback 7. Techniques of skills of communication
4. Psychology applied the individual modalities	1. Psychology for athletes 2. Psychology for tennis 3. Psychology for golf 4. Psychology for motorcycling 5. Psychology for cars 6. Self-psychology
5. Psychology applied to the collective modalities	1. Football 2. Basketball 3. Volleyball

<b>Planning</b>			
	Class hours	Hours outside the classroom	Total hours
Presentations / exhibitions	25	0	25

Classroom work	2	20	22
Master Session	80	0	80
Multiple choice tests	1	0	1
Systematic observation	5	0	5
Jobs and projects	17	0	17

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

<b>Methodologies</b>	
	Description
Presentations / exhibitions	Exhibition by part of the student of the contained envelope to subject object of study, theoretical bases and/or directors of one work, exercise or project to develop in groups.
Classroom work	Exhibition, by groups, in front of the average group, and afterwards by writing to the professor, of the resulted of the assessment of three students/them of childish education (3, 4 and 5 years), using proofs adapted it these students with the object to detect possible causes of the difficulties of learning that can manifest a student/it and act in consequence.
Master Session	Exhibition by part of the professor of the contained envelope to subject object of study, theoretical bases and/or directors of one work, exercise or project to develop pole student.

<b>Personalized attention</b>	
<b>Methodologies</b>	<b>Description</b>
Presentations / exhibitions	Completing the groupal tutories, and in the individual asessorate to the students in all those aspects in the that arise him doubts to the develope to their individual work. Propose him that carry a folder of the his personal work that will be reviewed so much in the tutories in group how in the individual.
<b>Tests</b>	<b>Description</b>
Multiple choice tests	Completing the groupal tutories, and in the individual asessorate to the students in all those aspects in the that arise him doubts to the develope to their individual work. Propose him that carry a folder of the his personal work that will be reviewed so much in the tutories in group how in the individual.
Jobs and projects	Completing the groupal tutories, and in the individual asessorate to the students in all those aspects in the that arise him doubts to the develope to their individual work. Propose him that carry a folder of the his personal work that will be reviewed so much in the tutories in group how in the individual.

<b>Assessment</b>		
	Description	Qualification
Multiple choice tests	The final evaluation will consist in a proof type test of 40 questions, with 3 alternatives of answer and only a true. Each two incorrect answers will subtract a correct.	100

### **Other comments on the Evaluation**

### **Sources of information**

### **Recommendations**

#### **Subjects that continue the syllabus**

Specialisation in group sports/P02G050V01906

Specialisation in individual sports/P02G050V01907

#### **Subjects that are recommended to be taken simultaneously**

Methodology & planning of sports training 1/P02G050V01502

Methodology & planning of sports training 2/P02G050V01604

#### **Subjects that it is recommended to have taken before**

Psychology: Psychology of physical activity & sports/P02G050V01202