



IDENTIFYING DATA

Sports training psychology

Subject	Sports training psychology			
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	Spanish Galician			
Department				
Coordinator	Dosil Díaz, Joaquín			
Lecturers	Dosil Díaz, Joaquín			
E-mail	jdosil@uvigo.es			
Web				
General description				

Competencies

Code	
C1	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and the sport with attention to the individual and contextual characteristics of the persons.
C2	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of physical activity and sport between the school population
C3	Aptitude to apply the physiological and biomechanical skills, comportamentales and social, in the offer of tasks in the processes of education - learning across the physical activity and sport.
C4	Aptitude to identify the risks that stem for the health of the students due to the practice of inadequate physical activities .
C5	Aptitude to plan, to develop and evaluate the accomplishment of programs of sport and physical school activity
C6	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity in the processes of education learning across the physical activity and sport.
C7	Aptitude to plan, to develop and control the process of training in the different levels
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C10	Aptitude to identify the risks, which stem for the health of the sportsmen, of the inadequate practice of physical activities in the context of the sports training
C11	Aptitude to plan, to develop and to control the accomplishment of programs of sports training
C12	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity of sports training

Learning outcomes

Expected results from this subject	Training and Learning Results
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(*)Identificar e planificar a resolución de situacións educativas que afectan a estudantes con diferentes capacidades e distintos ritmos de aprendizaxe.

C1
C2
C3
C4
C5
C6
C7
C8
C9
C11
C12

(*)Comprensión da psicoloxía específica de cada modalidade deportiva, así como tratar cos deportistas e adestradores.

C1
C2
C3
C5
C6
C9
C12

(*)Coñecemento das estratexias máis efectivas para traballar no ámbito da psicoloxía do adestramento deportivo

C1
C2
C3
C4
C5
C6
C7
C8
C9
C10
C11
C12

Contents

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 estrategies 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

Planning

	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

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

Methodologies	
	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.

Personalized attention	
Methodologies	Description
Presentations / exhibitions	Completing the groupal tutorials, 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 tutorials in group how in the individual.
Tests	Description
Multiple choice tests	Completing the groupal tutorials, 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 tutorials in group how in the individual.
Jobs and projects	Completing the groupal tutorials, 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 tutorials in group how in the individual.

Assessment			
	Description	Qualification	Training and Learning Results
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

Planning and methodology in sports training I/P02G050V01502
Planning and methodology in sports training II/P02G050V01604

Subjects that it is recommended to have taken before

Psychology: Physical activity and sport psychology/P02G050V01202