



IDENTIFYING DATA

Physical activity and sport psychology

Subject	Physical activity and sport psychology			
Code	P02G051V01109			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Basic education	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
Lecturers	Dosil Díaz, Joaquín Fariña Rivera, Francisca			
E-mail	jdosil@uvigo.es francisca@uvigo.es			
Web	http://webs.uvigo.es/francisca/			
General description	This subject will show, of way very general, that is the Psychology and that can attach him to the *fisioterapeuta. Devoting special attention to the basic psychological processes and *psicosociais.			

Training and Learning Results

Code	
B2	2.1 To know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different environments, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a physician), taking into account gender and diversity.
B6	5.2 Identify, organize, direct, plan, coordinate, implement, and perform technical-scientific evaluation of the various types of physical and sporting activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of special character such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport) ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B7	5.3 Identify, organize, direct, plan, plan, coordinate, implement and evaluate the professional performance of human resources, with emphasis on the direction, coordination, planning, supervision and technical-scientific evaluation of the activity, performance and provision of services by physical activity and sport professionals, in all types of services and in any type of organization, context, environment and with emphasis on special populations and in any sector of professional intervention of physical activity and sport, ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
B8	5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

- C1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
- C9 2.5 Know how to readapt, retrain and/or re-educate individuals, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a physician), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

Expected results from this subject

Expected results from this subject	Training and Learning Results	
New	B2 B6 B7 B8	C9
New		C1

Contents

Topic	
Introduction to the Psychology	¿*Qué It studies the Psychology? General concepts of the Main psychology paradigms of the Psychology.
Sport Development. Motor Control.	Sport Development. Cognitive Development. Socio-afective Development. Personality Development. Enviroment. Motor Control.
(*)Análise comportamental do deporte.	(*)Variables a analizar na conduta deportiva: motivación, nivel de activación, ansiedade e estrés, autoconfianza e concentración dos deportistas. Métodos de avaliación, análises e intervención.

Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	28	0	28
Mentored work	14	0	14
Seminars	11	0	11
Autonomous problem solving	17	7	24
Objective questions exam	2	20	22
Portfolio / dossier	0	20	20
Essay	10	10	20
Report of practices, practicum and external practices	9	2	11

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

Methodologies

	Description
Lecturing	(*)Actividades expositivas de profesor e estudantes. Exposicións, seminarios, presentación de exercicios, traballos ou proxectos a desenvolver
Mentored work	(*)Resolución de exercicios na aula baixa a dirección do profesor
Seminars	(*)Resolución de dúbidas, consulta e seguimento do traballo, en *tutorías obrigatorias en pequeno grupo
Autonomous problem solving	(*)Actividades para entregar que terán que facer de maneira individual

Personalized assistance

Methodologies	Description
Lecturing	
Seminars	
Autonomous problem solving	
Tests	Description
Essay	

Assessment				
	Description	Qualification	Training and Learning Results	
Objective questions exam	#Carry a proof type test to evaluate the theoretical contents.	40	B6 B7 B8	C9
Essay	(*O alumnado terá que realizar entregar, de forma *grupal, un dossier coa revisión bibliográfica do tema obxecto de estudo. Cada membro integrante do grupo terá que entregar unha síntese do traballo, cunha extensión máxima de 1500 palabras	30	B2 B6 B7 B8	C9
Report of practices, practicum and external practices	(*O alumnado fará traballos de aula, de forma periódica, de maneira individual e en grupo, que quedarán recollidos nun dossier de prácticas, que deberán entregar e depositar en *FAITIC.	30	B2 B6 B7 B8	C9

Other comments on the Evaluation

In the announcement of July, the students only will have to examine of the contained and *destrezas that did not arrive to surpass in the announcement of June, to the *conservarse the *calificación of the competitions purchased. The *calificación final will be resulted of the level of competition achieved, with relation to the objective of the subject, in the announcement of June and July.

Sources of information

Basic Bibliography

Dosil, J., **Psicología de la Actividad Física y del Deporte**, Madrid, McGraw-Hill, 2008

Weinberg, R. y Gould, D., **Fundamentos en Psicología del Deporte**, Madrid, Panamericana, 2006

Complementary Bibliography

Amigo, I., Fernández, C., y Pérez, M., **Manual de Psicología de la Salud**, Pirámide,

Bakker, A.B. y Rodríguez-Muñoz A, **Introducción a la psicología de la salud ocupacional positiva**, Psicothema, 24(1), 62-65,

Cabanach, R.G., Valle, A., Fariña, F., y Arce, R. (Eds), **Calidad de vida, bienestar y salud**, Psicoeduca,

Cecchini, J.A., González-González, C., Llamedo, R., Sánchez, B., y Rodríguez, C., **The impact of cooperative learning on peer relationships, intrinsic motivation and future intentions to do sport.**, Psicothema, 31(2), 163-169.,

Dosil, J. y Garcés, E.J., **Ser psicólogo del deporte**, Coruña, Netbiblo, 2009

Dosil, J. (Ed), **El psicólogo del deporte: asesoramiento e intervención**, Madrid, Síntesis, 2002

Echeburúa, E., y Amor, P.J., **Memoria traumática: estrategias de afrontamiento adaptativas e inadaptables.**, *Terapia Psicológica*, 37(1), 71-80.,

Fariña, F. y Tortosa, F., **Introducción a la Psicología**, Promolibro,

Flores-Villavicencio, M. E., Rodríguez-Díaz, M., González-Pérez, G.J., Robles, J.R. y Valle, M^aA., **Declive cognitivo de atención y memoria en adultos mayores sanos.**, *Cuadernos de Neuropsicología*, 14(1), 65-77., 2020

Gantiva, C., Casas, M., Ballén, Y., Sotaquirá, M., y Romo-González, T., **Modulación de las respuestas fisiológicas ante estímulos afectivos: una herramienta para investigar procesos psicológicos.**, *Universitas Psychologica*, 18(1), 1-12.,

García-Caro, M^a, P., Cruz-Quintana, F., Schmidt Río-Valle, J., Muñoz-Vinueva, A., Montoya-Juarez, R., **Influencia de las emociones en el juicio clínico de los profesionales de la salud a propósito del diagnóstico de enfermedad terminal**, *International Journal of Clinical and Health Psychology*, 10(1), 57-73.,

Gerrig, R. y Zimbardo, P., **Psicología y Vida.**, Prentice Hall,

González-Guirval, F., Reigal, R. E., Morillo-Baro, J. P., de Mier, R. J. R., Hernández-Mendo, A., y, **Análisis de la validez convergente de un instrumento informatizado para evaluar la atención en deportistas: Rejilla 1.0.**, *Cuadernos de Psicología del Deporte*, 20(2), 83-94., 2020

Larsen, R., **Psicología de la Personalidad**, McGraw Hill,

LUZÓN CUESTA, José María,, **Compendio de Derecho Penal. Parte especial**, Edición 2017. 20^a Ed., Dykinson, 2017

MANZANARES SAMANIEGO, José Luis, **Comentarios al Código Penal (Tras las Leyes Orgánicas 1/2015, de 30 de marzo, y 2/2015, de 30 de marzo)**, La Ley, 2016

Méndez, P., y Ángulo, R., **El aprendizaje de un instrumento musical como el violín mejor la atención sostenida.**, *Revista de Psicología*, 27(2), 1-9,

Morris, Ch., y Maisto, A., **Psicología**, Prentice-Hall,

Nigel Holt; Andy Bremner; Ed Sutherland; Michael Vliek; Michael Passer; Ronald Smith, **Psychology. The Science Of Mind And Behaviour.**, México: MCGRAW HILL,

Pic, M.; Lavega-Burgués, P.; Muñoz-Arroyave, V.; March-Llanes, J.; Echeverri-Ramos J.A., **Predictive variables of emotional intensity and motivational orientation in the sports initiation of basketball.**, *Cuadernos de Psicología del Deporte*, 19(1), 241-251,

Puente, A., **Cognición y aprendizaje. Fundamentos psicológicos**, Pirámide,

Porflitt, F. I., y Rosas-Díaz, R. R., **Behind the scene: cognitive benefits of playing a musical instrument. Executive functions, processing speed, fluid intelligence and divided attention/Detrás de la escena: beneficios cognitivos de toca**, *Estudios de Psicología*, 1-27.,

Vicente E. Caballo Manrique, V., **Manual para el tratamiento cognitivo-conductual de los trastornos psicológicos**, Madrid: Siglo XXI.,

Ramos, V. J., y Canosa, A. F, **La importancia de estimular las redes atencionales en la infancia.**, Apuntes de Psicología, 36(3), 167-172.,

Serna, J., Muñoz, V, Lavega, P., March-Lanes, J., Sáez, U., y Hieleno, R., **Influence of motor tasks on the players' moods in basketball.**, Revista de Psicología del Deporte, 26 (1), 37-44.,

Recommendations

Other comments

It recommended:

- 1.-Read, with *anterioridade the explanation of the @docente, the material of the was afraid goes to treat in the session *maxistral; to be it case noting the doubts to resolve them in the session *maxistral.
 - 2.-Take part actively in the kinds *maxistrais, posing questions envelope the subjects treaties.
 - 3.-#Prpers posed to the professor *tódalas questions/queries that consider necessary to comprise the contents explained in the sessions *maxistrais, as well as the procedures involved in the *desenrolo of the works assigned teaching pole.
-