

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	PHYSICAL ACTIVITY AND SPORTS PSYCHOLOGY		
Type:	Basic Training	ECTS credits:	6
Year:	1	Code:	7511
Teaching period:	First semester		
Area:	Psychology		
Module:	Applied social and human sciences		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

Knowledge of the fields of application of sport psychology (their evolution and training), and differences with general psychology in other areas of intervention.

Evaluation of the importance of the psychological variables involved in physical activity and sport, and their relationship with it. Their role in physical exercise, regulated sports, high performance, etc.

Making use of the knowledge of psychobiology to encourage healthy habits in which physical exercise and sport are involved.

## SKILLS

## Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

## General Skills

To develop skills for leadership, interpersonal relations and teamwork.

To acquire basic scientific training applied to physical activity and sports in their various manifestations.

To be familiar with and master efficient self-motivation, personal self-assessment, focus on personal achievement and leadership techniques.

To be familiar with and understand the effects of physical exercise on the structure and function of the body, and on the psychological and social aspects of human beings.

## Specific skills

To be familiar with the characteristics of students, as well as the characteristics of their motivational and social contexts.

## DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours