



UNIVERSIDADE LUSÍADA  
LISBOA

Course Unit Program  
Sports Psychology

Academic Year 2023/2024

**1. Organic Unit**

Faculty of Business and Economic Sciences

**2. Course**

Sport Organization Management

**3. Cycle**

1st

**4. Course Unit**

Sports Psychology (C1124)

**5. Scientific Area**

**6. Curricular Year**

3rd

**7. Type of Curricular Unit / Semester**

1st Semester



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#### 8. Class type and workload (work time)

Theoretical classes:

Practical classes:

Theoretical-Practical Classes 30,00

Tutorial Guidance: 20,00

#### 9. ECTS Credits

6,00

#### 10. Scientific Area Coordinator

#### 11. Regent

Prof. Doutora TÚLIA RUTE MAIA CABRITA

#### 12. Assistants

#### 13. Teaching Language

Portuguese

#### 14. General Objectives

Sport psychology (SP) has established itself since the 20th century as a discipline with its own theoretical field, developed from direct intervention in the field by psychologists and the numerous empirical studies that have contributed to demonstrating its effectiveness and importance. It is intended in this course that students, future specialists in the field of human movement, are able to use the theoretical contents and practical applications.

#### 15. Specific Objectives

Make known the main specific theories of SP;

Provide PD-specific diagnostic tools;

It provides specific intervention strategies for SPD;

Promote empirical research in the field of SP;

Develop a critical spirit by deepening the specific reading of the area, such as scientific articles, among others;

Reflect on the limits of SP intervention for non-psychologists.

#### 16. Skills to be acquired

Apply the basic theoretical concepts of the field of SP

Analyze the psychological determinants in the field of sport and physical activity.

Describe strategies to enhance performance in the field of sport and physical activity.

Identify and refer cases of serious disorders in the field of SP to psychology technicians .



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## 17. Teaching Methodology

Articulation of the active method with the expository using the interrogative. Case studies, reflection on scientific articles, practical applications, pedagogical applications, role-play will be used.

## 18. Course Unit Program

1. Definition, history and evolution of sport psychology (SP)
  - 1.1 Nature and scope of the SP
  - 1.2. Current panorama in the field of research, training and intervention
  - 1.3 Distinction between the field of sport psychology and the field of physical activity psychology
  - 1.4 The psychologist's role vs the role of other human movement technicians: limits and complementarities.
2. Understanding the sporting context
  - 2.1 Definition of the concepts of competition and cooperation
  - 2.2 Competition as a process and its benefits vs harms
  - 2.3 Empirical studies on competition and cooperation
  - 2.4 Processes to enhance cooperation
3. Psychological Factors associated with sport
  - 3.1 Stress and anxiety
  - 3.2 Self-confidence, self-esteem and self-concept
  - 3.3 Attention and concentration
  - 3.4. Motivation
  - 3.5 Causal Attributions
  - 3.6 Aggressive behaviors
  - 3.7 Training overload vs exercise dependence vs burnout
  - 3.8 Psychological factors associated with sports injuries
4. Group dynamics specific to the sports context
  - 4.1 Groups in the context of Sport
  - 4.2. Leadership in the context of sport
5. Mental training for sport
6. The specific case of children and young athletes

## 19. Assessment Methods

- 1 Group work
  - 2 Mid-term mini-tests
- Supporting elements for continuous evaluation:
- Small individual and group work carried out in class
  - Observation of the following behavior indicators:
    - a) Participation and adherence
    - b) Attendance and punctuality
    - c) Cooperation and interaction with classmates and teacher
    - d) Initiative for research
    - e) Motivation for self-discovery



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## 20. Didactic Resources

- Computer with Microsoft Office software applications
- Multimedia projector; - Projection screen;
- Frame;
- Chalk / or markers;
- Photocopies of scientific material for analysis by students;
- Films
- Other materials considered necessary for the effectiveness of the dynamics of the classes .

## 21. Sustainability Objectives

Objective 3: Health and Quality

Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.

Objective 4: Quality Education

Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender equality.

## 22. Keywords

Sports Psychology  
Performance  
Well-being  
Psychological antecedents  
consequences



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### 23. Main Bibliography

Author(s): Tenenbaum, G. & Eklund, R. (Editores)  
Title: Handbook of Sport Psychology  
Edition: 4<sup>a</sup> Year: 2020  
Local: New Jersey  
Publisher: John Wiley & Sons, Inc.

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Author(s): Weinberg, R., & Gould, D.  
Title: Foundations of Sport and Exercise Psychology  
Edition: 8th Year: 2018  
Local: Champaign, IL.  
Publisher: Human Kinetics

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Author(s): Taylor, J.  
Title: Comprehensive Applied Sport Psychology  
Edition: 1th Year: 2020  
Local: New York  
Publisher: Routledge

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### 24. Complementary Bibliography

Author(s): Arnold, R., & Fletcher, D.  
Title: Stress, Well-Being, and Performance in Sport  
Edition: 1<sup>a</sup> Year: 2021  
Local: New York  
Publisher: Routledge

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Author(s): Williams, J., & Krane, V.  
Title: Applied Sport Psychology: Personnel Growth to Peak Performance  
Edition: 7th Year: 2020  
Local: New York  
Publisher: McGraw-Hill

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| Ficha técnica MIP / MIP Datasheet |                                                                       |
|-----------------------------------|-----------------------------------------------------------------------|
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| Autor / Author                    | Prof. Doutora TÚLIA RUTE MAIA CABRITA                                 |
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| Descritores / Descriptors         | -                                                                     |
| Colaborador(es) / Colaborator(s)  | -                                                                     |
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