UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Elective II - Sport Psychology

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Elective II - Sport Psychology (20344)

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 on the ground 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 psychology, are able to use the theoretical contents and practical applications.

15. Specific Objectives

Make known the main specific theories of SP;
Provide SP-specific diagnostic tools;
It provides specific intervention strategies for SP;
Promote empirical research in the field of SP;
Develop a critical spirit by deepening the specific reading of the area, such as scientific papers, among others;
Reflect on the limits of PD 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 PD 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 behavior
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:	3ª	Year:	2020
Local:	New Jersey		
Publisher:	John Wiley & Sons, Inc.		

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

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

24. Complementary Bibliography

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

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

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'OPÇÃO II - PSICOLOGIA DO DESPORTO': Academic Year 2025/2026
Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
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Colaborador(es) / Colaborator(s)	-
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