UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Sports Psychology

Academic Year 2025/2026

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

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

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

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

Identify the fundamental concepts of Sports Psychology
Analyze psychological factors that influence the performance and behavior of athletes and teams.
Understand mental training and psychological support techniques adapted to different groups used by psychologists.

Promote inclusive, fair, and ethical sports environments.

17. Teaching Methodology

he active method is combined with the expository method, using interrogative questions. Developed through strategies that promote the connection between theory and practice, encouraging critical reflection, the analysis of real-life cases, and the application of concepts in sports contexts.

Pedagogical strategies:
1. Dialogical exposition ? presentation of fundamental theoretical content using slides, videos, and practical examples.
2. Case studies and group discussions ? analysis of real-l

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

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

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

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

The Sustainable Development Goals were developed by the United Nations and are identified as follows:
Goal 3: Good Health and Quality
Promote mental health and well-being through balanced sports.
Goal 4: Quality Education
Ensure that all students acquire the knowledge and skills necessary to promote sustainable development, including, among others, through education for development.
Train professionals capable of integrating knowledge of psychology and sports into educational and training

22. Keywords

Sports Psychology
Performance
Well-being
Psychological antecedents
consequences

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

23. Main Bibliography

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

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

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

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		
ISBN Code:			

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		
ISBN Code:			

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

UNIVERSIDADE LUSÍADA
LISBOA

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DO DESPORTO': Academic Year 2025/2026
Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

(c) Universidade Lusíada, 2025

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt