

ID	2344
Curricular Unit	Psychology of coaching
Regent	António Fernando Boletto Rosado
Learning Outcomes	To study the psychological aspects of high achievement sports performance, as well as the related psychological characteristics of athletes, performance constraints and psychological training methodologies.
Syllabus	<p>1 - The development of the athlete's psychological structure.</p> <p>2 - The psycho-social aspects of the athletes' career.</p> <p>3 - The phenomenological, contextual and instrumental spheres.</p> <p>4 - The relationship coach-athlete. The interaction processes and the athletes' psychological needs.</p> <p>5 - The psychological component in the integrated process of sports training.</p>
Evaluation	Teaching methodologies include lectures on given topics and its discussion both in small groups and among the whole group. Case studies related to the specific issues of the program area also developed. Evaluation is done by means of written assignments and articles.
Bibliography	<p>-Hun, T.M., Lidor, R. & Hackfort, D. (Eds.) (2009). Psychology of sport excellence. Morgantown: FIT</p> <p>-Jowett, S. & Lavalee, D. (2007). Social Psychology in Sport. Champaign: Human Kinetics.</p> <p>-Serpa, S., Marcolino, P., Faria, N., Ramadas, S., & Reis, C. (2002). Doping e psicologia. Lisboa: CEFD</p> <p>-Tenenbaum, G & Ecklund, R (2007). Handbook of sport psychology (3th ed.). New York: Wiley</p> <p>-Weinberg, R.S. & Gould, D. (Ed.), (2011). Foundations of Sport and Exercise Psychology (5th ed.), Champaign: Human Kinetics</p>