

ID	2665
Curricular Unit	Psychology of Sport Training
Regent	António Fernando Boleto Rosado
Learning Outcomes	Study of the underlying high performance sports training, considering the psychological characteristics of athletes psychological aspects as well as the methodologies and constraints associated with training and competition process
Syllabus	<p>1 - The formation of the psychological structure of the athlete.</p> <p>2 - Psychosocial factors throughout the career of the sportsman.</p> <p>3 - The phenomenological, contextual and instrumental spheres.</p> <p>4 - The relationship coach-athlete. The suitability of relational processes to the needs and characteristics of the practitioner.</p> <p>5 - The psychological component in the integrated process of sports training.</p>
Evaluation	Drafting related to the theme of the course articles.
Bibliography	<p>Main Bibliography:</p> <p>Hardy, L., Jones, G. & Gould, D. (1998). Understanding psychological preparation for sport. Theory and practice of elite performers. Chichester: Wiley.</p> <p>Weinberg, RS & Gould, D. (2003). Foundations of Sport and Exercise Psychology. Champaign: Human Kinetics.</p> <p>Additional bibliography:</p> <p>Araújo, D. (2005). The context of the decision. Lisbon: Vision and Contexts.</p> <p>Murphy, MS (1995). Psychological interventions, in. MS Murphy (Ed.), Sport psychology interventions, Champaign: Human Kinetics.5.</p> <p>Serpa, S. & Roberts, J. (2001). High performance sports and the experience of human development. In G.Tenenbaum (Ed.) The practice of sport psychology:. Morgantown: FIT. (Pp. 1001-128).</p> <p>Silva JM III & Stevens (2002). Psychological foundations in sport, Boston: Allyn & Bacon.</p>