

<b>ID</b>	2955		
<b>Curricular Unit</b>	Psychology of Sport and Exercise		
<b>Regent</b>	Sidónio Olivério da Costa Serpa		
<b>Learning Outcomes</b>	To know the psychological functioning and strategies of intervention concerning sports performance, as well as the theoretical models and main results of research in sport psychology.		
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Sport Psychology in the context of sport sciences</li> <li>2. Applications of sport psychology</li> <li>3. Personality and sport</li> <li>4. Sport motivation</li> <li>5. Emotional factors and sport competition</li> <li>6. Cognitive processes in sport</li> <li>7. Evaluation of psychological variables</li> <li>8. The coach/teacher and sports group dynamics</li> <li>9. Aggressive behaviours in the sports context</li> <li>10. Psychological training planning and management</li> <li>11. Methods of psychological training</li> <li>12. Intervention strategies and exercise behaviours</li> <li>13. Exercise and quality of life</li> </ol>		
<b>Evaluation</b>	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 tests.		
	Written test	1	50% Minimum mark: 7,5
	Presentation of Report (in groups)	2	50% Minimum mark: 7,5
<b>Bibliography</b>	<ul style="list-style-type: none"> <li>- Alves, J. &amp; Paula Brito, A. (2011). Manual de Psicologia do Desporto para Treinadores, Lisboa: Omniserviços.</li> <li>- Hackfort, D., Duda, J. &amp; Lidor, R. (2005). Handbook of Research on Applied Sport &amp; Exercise Psychology: international perspectives, Morgantown: FIT.</li> <li>- Samulsky, D. (2002). Psicologia do Esporte, Tamboré: Manole Ed.</li> <li>- Weinberg, R.S. &amp; Gould, D. (Ed.), (2011). Foundations of Sport and Exercise Psychology(35th Ed.), Champaign: Human Kinetics.</li> </ul>		