

ID	3037
Curricular Unit	Psychology of Sport Training
Regent	Sidónio Olivério da Costa Serpa
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	Writing essays related to the topics of this subject.
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, R.S. & Gould, D. (2003). Foundations of sport and Exercise Psychology. Champaign: Humana Kinetics.</p> <p>Additional bibliography:</p> <p>Araújo, D. (2005). O contexto da decisão. Lisboa: Visão e Contextos.</p> <p>Murphy, M.S. (1995). Psychological interventions, in. S.M. Murphy (Ed.), Sport psychology interventions, Champaign: Human Kinetics.</p> <p>Serpa, S. & Rodrigues, 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, J.M III & Stevens (2002). Psychological foundations in sport, Boston: Allyn & Bacon.</p>