

ID	3134
Curricular Unit	Cognitive Processes and Motor Learning
Regent	Duarte Fernando da Rosa Belo Patronilho de Araújo
Learning Outcomes	Discussion of the mental/psychological factors related to sports peak performance
Syllabus	<ol style="list-style-type: none"> 1.- Research trends and practical applications in sport psychology 2.- Motor behaviour conceptions 3.- Motivation to achieve 4.- Learning of motor skills 5.- Internal regulated tasks and external regulated tasks 6.- Stress, anxiety, arousal and performance 7.- Expertise
Evaluation	<p>The teaching methodology follows a logic of knowledge development centred on the students. For that, students are stimulated to select scientific articles among the topics studied on the master course, and discuss them during classes.</p> <p>Evaluation is based on a written report about the selected scientific article.</p>
Bibliography	<ul style="list-style-type: none"> - Araújo, D., Raab, M., & Ripoll, H. (2009). Perspectives on cognition and action in sport. New York: NOVA. - Araújo, D. (2006). Tomada de decisão no desporto. Cruz Quebrada: Edições FMH.?? - Davids, K., Button, C., & Bennett, S. (2008). Dynamics of Skill acquisition. A constraints-led approach. Champaign: Human Kinetics. - Araújo, D. (2005). O contexto da decisão: a acção táctica no desporto. Lisboa: Edições Visão e Contextos.? - Araújo, D., & Davids, K. (2009). Ecological approaches to cognition and action in sport and exercise: Ask not only what you do, but where you do it. International Journal of Sport Psychology, 40, 5-37. - Davids, K., Araújo, D., Button, C., & Renshaw, I. (2007). Degenerate brains, indeterminate behavior and representative tasks: Implications for experimental design in sport psychology research. In G. Tenenbaum, & B. Eklund (Ed.), Handbook of Sport Psychology (3rd ed., pp. 224-244). Hoboken, NJ: John Wiley.