

ID	3348
Curricular Unit	Psychology of Sport
Regent	Sidónio Olivério da Costa Serpa
Learning Outcomes	To be acquainted with the psychological functioning and strategies of intervention concerning sports performance, as well as the theoretical models and main results of research on sport psychology.
Syllabus	<ol style="list-style-type: none"> 1 - Sport Psychology in the context of sport sciences 2 - Applications of sport psychology 3 - Personality and sport 4 - Sport motivation 5 - Emotional factors and sport competition 6 - Cognitive processes in sport 7 - Evaluation of psychological variables 8 - The coach/teacher and the dynamics of the sports group 9 - Aggressive behaviours in the sports context 10 - Psychological training planning and management 11 - Methodology of Psychological training 12 - Intervention strategies on exercise behaviours 13 - Exercise and quality of life
Evaluation	<p>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. Individual and group assignments or Final examination.</p> <p>Written test: 1 - 50%; Minimum mark: 7.5 Presentation of Report (in groups): 2 - 50%; Minimum mark: 7.5</p>
Bibliography	<ul style="list-style-type: none"> - Samulsky, D. (2002). Psicologia do Esporte, Tamboré: Manole Ed. - Serpa, S. (Org.) (2010). Colectânea de Textos de Psicologia do Desporto. Lisboa UTL-FMH. - Weinberg, R.S. & Gould, D. (Ed.), (2003). Foundations of Sport and Exercise Psychology (3ª Ed.), Champaign: Human Kinetics.