

<b>ID</b>	3450
<b>Curricular Unit</b>	Psychology of Sport Training
<b>Regent</b>	Sidónio Olivério da Costa Serpa
<b>Learning Outcomes</b>	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.
<b>Syllabus</b>	1 - The formation of the psychological structure of the athlete. 2 - Psychosocial factors throughout the career of the sportsman. 3 - The phenomenological, contextual and instrumental spheres. 4 - The relationship coach-athlete. The suitability of relational processes to the needs and characteristics of the practitioner. 5 - The psychological component in the integrated process of sports training.
<b>Evaluation</b>	Writing essays related to the topics of this subject.
<b>Bibliography</b>	Main Bibliography: Hardy, L., Jones, G. & Gould, D. (1998). Understanding psychological preparation for sport. Theory and practice of elite performers. Chichester: Wiley. Weinberg, R.S. & Gould, D. (2003). Foundations of sport and Exercise Psychology. Champaign: Humana Kinetics. Additional bibliography: Araújo, D. (2005). O contexto da decisão. Lisboa: Visão e Contextos. Murphy, M.S. (1995). Psychological interventions, in. S.M. Murphy (Ed.), Sport psychology interventions, Champaign: Human Kinetics. 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). Silva, J.M III & Stevens (2002). Psychological foundations in sport, Boston: Allyn & Bacon.