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| <b>ID</b>                | 3856  |
| <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.<br>2 - Psychosocial factors throughout the career of the sportsman.<br>3 - The phenomenological, contextual and instrumental spheres.<br>4 - The relationship coach-athlete. The suitability of relational processes to the needs and characteristics of the practitioner.<br>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:<br>Hardy, L., Jones, G. & Gould, D. (1998). Understanding psychological preparation for sport. Theory and practice of elite performers. Chichester: Wiley.<br>Weinberg, R.S. & Gould, D. (2003). Foundations of sport and Exercise Psychology. Champaign: Humana Kinetics.<br>Additional bibliography:<br>Araújo, D. (2005). O contexto da decisão. Lisboa: Visão e Contextos.<br>Murphy, M.S. (1995). Psychological interventions, in. S.M. Murphy (Ed.), Sport psychology interventions, Champaign: Human Kinetics.<br>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).<br>Silva, J.M III & Stevens (2002). Psychological foundations in sport, Boston: Allyn & Bacon. |