

<b>ID</b>	441
<b>Curricular Unit</b>	Cognitive Processes and Motor Learning
<b>Regent</b>	Duarte Fernando da Rosa Belo Patronilho de Araújo
<b>Learning Outcomes</b>	Discussion of the mental/psychological factors related to sports peak performance
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1.- Research trends and practical applications in sport psychology</li> <li>2.- Motor behaviour conceptions</li> <li>3.- Motivation to achieve</li> <li>4.- Learning of motor skills</li> <li>5.- Internal regulated tasks and external regulated tasks</li> <li>6.- Stress, anxiety, arousal and performance</li> <li>7.- Expertise</li> </ol>
<b>Evaluation</b>	<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>
<b>Bibliography</b>	<ul style="list-style-type: none"> <li>- Araújo, D., Raab, M., &amp; Ripoll, H. (2009). Perspectives on cognition and action in sport. New York: NOVA.</li> <li>- Araújo, D. (2006). Tomada de decisão no desporto. Cruz Quebrada: Edições FMH.??</li> <li>- Davids, K., Button, C., &amp; Bennett, S. (2008). Dynamics of Skill acquisition. A constraints-led approach. Champaign: Human Kinetics.</li> <li>- Araújo, D. (2005). O contexto da decisão: a acção táctica no desporto. Lisboa: Edições Visão e Contextos.?</li> <li>- Araújo, D., &amp; 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.</li> <li>- Davids, K., Araújo, D., Button, C., &amp; Renshaw, I. (2007). Degenerate brains, indeterminate behavior and representative tasks: Implications for experimental design in sport psychology research. In G. Tenenbaum, &amp; B. Eklund (Ed.), Handbook of Sport Psychology (3rd ed., pp. 224-244). Hoboken, NJ: John Wiley.</li> </ul>