

COURSE SYLLABUS

Academic year 2013-2014

FACULTY OF SPORT SCIENCES

1. COURSE DESCRIPTION

Degree:	SPORTS SCIENCES
Double Degree:	
Course:	PSYCHOLOGY OF SPORT AND PHYSICAL ACTIVITY
Module:	
Department:	SOCIAL SCIENCES
Academic Year:	2013-2014
Term:	
Total Credits:	6
Year:	2013-2014
Type of Course:	Theoretical and Practical Course
Course Language:	English

Teaching model:	Theoretical and practical course with Journal article reviews and presentations	
a. General/background:		X
b. Theory-into-practice/developmental knowledge-building		X
c. Guided Academic Activities:		X

Time and Place of Class Meetings: Monday: 13:00 pm to 15:00 pm and Tuesday: 14:00 to 15:00.

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2. TEACHING TEAM INFORMATION

2.1. Course coordinator

Professor José Carlos Jaenes Sánchez, (Licenciado) Graduate and PhD

Psychology and (Licenciado) Graduate in History and Geography.

Responsible of the Department of Sport Psychology at *Andalusian Center of Sport Medicine (CAMD)*. Coordinator of the 14 th World Congress in Sport Psychology Sevilla 2017

Vice President of the Spanish Federation of Sport Psychology (FEPD)

2.2. Teachers

Name:	José Carlos Jaenes Sánchez
Faculty:	Sport Sciences
Department:	Social Sciences
Academic Area:	Basic Psychology
Category:	Part time professor since 2004.
Office hours:	Monday, Tuesday 15.00 to 16.30 or by appointment
Office No.:	Building number 14, third floor, Office 31. Phone 77510
E-mail:	jcjaesan@upo.es
Tel.:	Personal phone: Only the delegate of class for emergencies

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3. ACADEMIC CONTEXT

3.1. Course Description and Objectives

The course will provide an overview of the field of Sports Psychology and Exercise, which involves applying psychological topics to exercise, sport, competition and Health. Topics will cover how Sports Psychologists work –any level-, with athletes and teams in motivation, concentration, hardy personality, attention, decision making under inter-behavioral, cognitive and other important approaches in sports psychology. Topics will include theoretical foundations of behavior, interventions for solving problems, adherence and motivation, etc. One major area of study is health psychology as a very important effect of training. Well-being and performance are compatibles.

3.2. Contribution to the Training Plan

The student's personal work is very important, so I encourage students to prepare adequately for classes in order to participate and enrich each class with his/her personal approach based on readings.

3.3. Recommendations or Prerequisites

Prerequisites: None

Recommendations: Course readings, practice and class preparation are very important. Sometime, the teacher don't have enough time to go over in class to only major conceptual and empirical issues, so is extremely important for students to develop a full understanding of a motivational topic and to utilize it, you must supplement in-class discussion with knowledge gained from the assigned readings.

This strong emphasis on course projects reflects not only a desire to educate you about the psychological aspects of sport and exercise but also a commitment to help you apply your knowledge in meaningful and practical ways, whether you are a physical educator, coach, recreation specialist, athlete, or aspiring sport psychologist if you study Psychology as other students are doing, motivated by Sport Psychology class who studied at the University Pablo de Olavide.

4. SKILLS

4.1 Degree Skills Developed during this Course



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Student Learning Outcomes:

1. Become familiar with psychological principles of Sport Psychology that affect performance in sports and exercise.
2. Develop skills in common psychological interventions for achieving goals and maintaining gains.
3. To understand how psychological variables influence participation and performance in sport and physical activity.
4. To understand how participation in sport influences the psychological characteristics of the individual athlete.
5. To acquire skills and knowledge about sport psychology that you can apply as a coach, athlete, or other practitioner
6. Gain practical experience in goal setting, behavior change, and maintenance of gains.
7. To learn more about yourself as a person, as a professional of sport.

4.2. Module Skills Developed during this Course

- a) Learn by studying and attending theoretical and practical classes
- b) Presentations
- c) Personal training in psychological skills
- d) Practice

See below

4.3. Course-specific Skills

- a) Learn by studying and attending theoretical and practical classes. You will gain selfdiscipline, motivation and you will learn more about human behavior.
- b) Presentations – Students will make an in-class presentation on a psychological aspect covered or not in class. So our students will improve his/her communication skills.
- c) Personal training in psychological skills: Students will be conducted to determine the effectiveness of your Personal Training Program with a daily practice during a specific amount of time. So our students will improve commitment, control and challenge throw self-determination to improve as a coach, as an athlete, as a person. You will gain selfcontrol.
- d) Practice: Each student will have a practical workbook to do at home and in class based on R. Martens practice book. (PDF). Students will learn to put into practice what they learned in class.

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e) Discussion of scientific articles: Selected by the professor to complete a variety of topics.

5. COURSE CONTENT (COURSE TOPICS)

1. **Sport Psychology:** Past. Present: The International Society of sport Psychology (ISSP). History of Sport Psychology. Field of interest (13 th World Congress of Sport Psychology, Beijing). Future: 14 th World Congress of Sport Psychology, Seville- 2017. Reading: **Lecture 1: History of Sport Psychology.**

Lecture 2: Guillén, F. (2004). Literature in Sport Psychology: Listing of authorships and references. *International Journal of Sport Psychology*, 35,2, 157-170.

2. **Basic Concepts:** Sport Psychology, Positive and Aversive approaches to influencing behaviour: Positive reinforcement, punishment, etc. Coach and sport psychologist together. Direct and indirect intervention.

Practice: C.B.A.S as an observation model.

Intervention in Psychology: *Forensic and Psychological intervention in an elite athlete with an associated psychopathology* . Poster in the 13 th World congress of sport Psychology. Beijing,2013.

3. **Emotions and sport:** Basic concepts: Stress, Anxiety Trait, State. The relationship between Trait and State. Fear, Arousal. The relationship between arousal and Motor behaviour and performance. Theories about emotions and performance. ZOP Theory and others. Managing psychic energy.

Practice: CSAI-2, SCAT and POMS.

Reading: Hanin, J. (2003). *Performance Related Emotional States in Sport: A Qualitative Analysis*

4. **Motivation:** Definitions. Extrinsic and intrinsic motivation. Direct and indirect motivation. Locus of control. Needs. Expectancies. How to create a good atmosphere in a group. Styles of coaching and motivation. How to be a good coach.

Practice: Needs questionnaire. How to use it.

Reading: Vallerand, R.J. (2009). *Intrinsic and extrinsic motivation in sport.*

Practical activity: Motivation video or message,

5. **Psychological Characteristics of Peak Performance:** Peak Performance profile. How is the best?. Discussion about performances, drug abuses. The good and the bad athlete.

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Practice: Time to work with a model: The inter-behavioral model in sport Psychology. Follow the line: Past (history) – Warming up- competition. Believes: The way to go.

Reading and discussion: The secret of Rafa Nadal.

6. **Psychological training:** How to put together physical, tactical training and psychological preparation. Tools to enhance performance. Psychological training in tennis, football, track and field, etc.

Practice: How to put together. Toward a new concept of training.

7. **Group cohesion:** Working as one. The individual one and the group. Communication skills. Communication process. Personal biases. Empathy or lack of empathy. Sending and receiving messages. Body language. How to manage conflicts.

Reading: Unit 4: Communications skills.

Practice. An example of a conflict.

8. **Attention and sport:** Attention and concentration. Nideffer Theory. How improve our attention. Association and dissociation techniques. Stimuly selection. What happen when we are tired?. Attention and motivation – motivation and attention. Emotions and attention.

Practice. How to be focus on?

9. **Sport and youth.** Some implications. Considering how to motivate young athletes. Ahderence and burnout. Burnout as a syndrome: Coaches, teachers and athletes. How to handle. Different stages: different strategies. Parents roles.

10. **Overtraining and sport:** stress, coping, training and how to handle. Different concepts in overtraining. The rol of coaches. How to recognize overtraining: physical, psychological, performance, observational symptoms.

11. **Conclusions.**

12. **Readings:**

Attention

Communication Skills

Imaginery

Intro to Skill training

Lidership

Managing Psyc Energy

Motivation

Psychological Skill Training

Self Confidence

Stress Management

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6. METHODOLOGY AND RESOURCES

This is a reading course, a class for discussion, presentations more than just a classical class where the professor has 100% of responsibility. So that means that you should expect an appropriate amount of reading each week. It's an old saying, but nevertheless true, that you'll get out of this course just what you put into it. As an American professor said in the syllabus "In order to really develop a practical understanding of sport psychology from this course, you must complete all of the weekly readings and homeworks.

- a) Professor Presentations about different topics listed in the syllabus.
- b) Case studies to complete at home and be in class as part of a group discussion in class.
- c) Student presentations
- d) Practices based on the book *American Coaching Effectiveness Program. Level 2*. Will be provided by the professor as a PDF.
- e) Quizzes (just to be sure you are working)
- f) Midterm
- g) Final exam

Resources

The literature in Sport Psychology is really impressive. Students could read and review the available research literature (i.e., professional journals such as *Revista de Psicología del Deporte (RPD)*, *Revista Iberoamericana de Psicología del Ejercicio y el Deporte (RIPED)* (both in English and Spanish) or *Journal of Sport and Exercise Psychology*, *The Sport Psychologist*, *Journal of Sport Behavior*, *International Journal of Sport Psychology*, and *Journal of Applied Sport Psychology*). You are responsible for reading to complete your information about our topics.

7. ASSESSMENT

Midterm:	20%
Final Exam:	20%
Quizzes:	20%
Practice:	20%
Presentations, class participation and case studies:	20%

8. BIBLIOGRAPHY



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Textbook 1: *American Coaching Effectiveness Program. Level 2.(PDF)Theory and Practice.*

Textbook 2: Reading and study texts prepared by Professor.

Williams, J.M. (Ed.; 2010). *Applied sport psychology: Personal growth to peak performance (6th Edition)*. New York: McGraw-Hill.

Burton, D., & Raedeke, T. (2008). *Sport psychology for coaches*. Champaign, IL: Human Kinetics.

Dosil, J. (Ed.) (2005): *The Sport Psychologist handbook: a guide for Sport Specific Performance Enhancement*. Wiley.

Le Unes, A. y Nation, J. (1996) : *Sport Psychology: An introduction*. Chicago : Nelson-Hall.

Murphy, SH. (Ed.) (1995): *Sport Psychology Interventions*. Champaign: Human Kinetics.

Guillén, F. (2004). Literature in Sport Psychology: Listing of authorships and references. *International Journal of Sport Psychology*, 35,2, 157-170.

Professional Magazines

Internacional Journal of Sport Psychology. Internacional Society of Sport Psychology (ISSP).

Internacional Journal of Sport & Exercise Psychology.

Journal of Sport & Exercise Psychology.

Journal of Applied Psychology.

Psychology of Sport and Exercise.

The Sport Psychologist.