

Sport and Exercise Psychology Summer Course



INTRODUCTION

The scientific fields of Sport and Exercise Psychology aim to understand the influence/importance of psychosocial factors in sport and physical activity settings in order to enhance an individual's performance and well-being.

Over the last decades, much credit and recognition has been provided to these scientific applied disciplines. Effective strategies and interventions have been suggested based on different concepts, models, techniques, and perspectives of research and intervention, which have been mainly developed and explored in research, teaching and intervention settings.

However, many athletes, coaches and managers remain somehow reluctant, although a wide range of strategies and model interventions are available for practitioners. The existence of a reduced number of evidence-based practice interventions and the use of inappropriate or untested assessment forms and measures may provide some explanations for this situation.

Therefore, bridging the gap between the needs of athletes/coaches and effective practices will be the main emphasis of the present course. Strategies and model interventions will be explored based on the most recent scientific evidence in order to promote the intended performance and exercise outcomes. For this purposes, this summer course will be intensively focused on three

domains/units: (i) Fundamentals, (ii) Measurement and psychometrics, and (iii) Models and methods of intervention. The lectures will be given by national and foreign experts with a wide range of experience in the related areas.

ECTS

5 ECTS

EVALUATION

Students are required to participate in a minimum of 70% of the 35 presence hours.

Evaluation will be determined for each Unit and the three grades will contribute equally to the final score.

TRAINERS

Robert Brustad, PhD (University of Northern Colorado, USA)

José Vasconcelos-Raposo, PhD (UTAD)

Paulo Simões, PhD (UTAD)

Helder Fernandes, PhD (CIDESD/ UTAD)

PROGRAM

UNIT 1: FUNDAMENTALS OF SPORT AND EXERCISE PSYCHOLOGY

1. Introduction to Sport and Exercise Psychology
2. Personality and Sport
3. Motivation
4. Arousal, stress and anxiety
5. Feedback and reinforcement
6. Group and team dynamics
7. Leadership
8. Exercise and psychological well-being
9. Exercise behavior and adherence

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UNIT 2: MEASUREMENT AND PSYCHOMETRICS

1. Introduction to the research process
2. Statistical and measurement concepts in research
3. Relationships among variables
4. Differences between groups
5. Types of research

6. Psychological assessment in sport and exercise settings
7. Scales/measures development process
8. Rasch analysis
9. Exploratory and confirmatory factor analysis

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UNIT 3: MODELS AND METHODS OF INTERVENTION

1. Psychological skills training
2. Self-regulation
3. Arousal regulation
4. Imagery
5. Self-confidence
6. Goal-setting
7. Concentration/self-talk
8. Exercise therapy
9. Exercise psychology services

FEES

350 €

REGISTRATION

To perform the registration should send the inscription form to gform@utad.pt