

**COURSE DATA****Data Subject**

Code	33332
Name	Social sports psychology
Cycle	Grade
ECTS Credits	4.5
Academic year	2021 - 2022

Study (s)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	4	First term

Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	31 - Social sports psychology	Optional

Coordination

Name	Department
ALVAREZ SOLVES, JOSE OCTAVIO	306 - Social Psychology
BALAGUER SOLA, ISABEL	306 - Social Psychology
CASTILLO FERNANDEZ, ISABEL MARIA	306 - Social Psychology

SUMMARY

Social Psychology of Sport is a subject attached to the Department of Social Psychology of the Universitat de València. It is located in the itinerary of Introduction to Social and Community Intervention Psychology of the educational plan of Bachelor of Science in Psychology.

This course, with an optional character (4,5 ECTS), is an introductory course in Social Psychology of Sport, offering a general knowledge of the social phenomena of sport from a psychosocial perspective. Students are approached to knowledge of different psychosocial processes such as attribution, self-efficacy, motivation and physical self-concept. Attitudes and values are also explored, as well as other group processes and leadership in sport. In conclusion, the fundamental objective of this subject is that students acquire theoretical-practical and research knowledge about the social psychology of sport.



This knowledge will result useful for the professional development of psychologists who want to carry out intervention in social and community contexts.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

It is recommended to have passed Social Psychology subject

1319 - Degree in Psychology

- Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.

At the end of the course in Social Psychology of Sport the students will be able to:

1. Have knowledge about social psychology of sport from a theoretical-practical perspective and about research of the topic and be able to apply this knowledge to the areas of intervention in sport.
2. Know the main psychosocial processes in sport (motivation, attribution, self-confidence/ self-efficacy and self-concept).
3. Identify the factors that promote and undermine well-being of participants in sport-physical activities.
4. Understand the processes that take part in the acquisition of attitudes and values in physical activity and sport, as well as their influence on the behavior.
5. Know and understand the main leadership and cohesion theories in sport.
6. Know how to design and evaluate intervention programs in any of the application fields of social psychology of sport.



ology of sport.

DESCRIPTION OF CONTENTS

1. Introduction to Social Psychology of Sport

In the introduction to Social Psychology of Sport we will conduct a conceptual presentation of the subject, its main theoretical-practical approaches, as well as its main intervention areas.

1.- INTRODUCTION TO SOCIAL PSYCHOLOGY OF SPORT

Conceptualization of social psychology of sport. Main study fields of social psychology of sport. Methodology in social psychology of sport.

2.- AREAS OF INTERVENTION OF SOCIAL PSYCHOLOGY OF SPORT AND MAIN AGENTS OF SPORT SOCIALIZATION

Main agents of socialization of participation in physical activity and sport. Sport participation. Main areas of intervention of social psychology of sport.

2. Psychosocial processes in Sport

3.- MOTIVATION IN SPORT

Introduction. Sport participation and drop-out reasons. Main motivation theories applied to sport. Self-determination Theory. Creation of motivational climate in sport.

4.- ATTRIBUTIONAL PROCESSES IN SPORT

Introduction. Attribution and sport: main theories. When athletes made attributions in sport? Evaluation of the attribution in sport. Consequences of attribution. The attribution retraining.

5.- SELF-CONFIDENCE/ SELF-EFFICACY IN SPORT

Introduction. Approaches to the study of self-confidence in sport. Confidence in sport. Confidence measurement in sport. Self-efficacy theory. Self-efficacy measurement. Consequences of self-confidence.

6.- SELF-CONCEPT AND PHYSICAL SELF-CONCEPT

Self-concept and physical self-concept. Theoretical models. Measurement instruments. Researches on physical activity, sport and self-concept.

3. Attitudes, beliefs and values in sport

7.- ATTITUDES AND ATTITUDE CHANGE IN SPORT

Concept of attitude. Attitude function. Theoretical models of attitude. Measurement and research in sport.

**4. Interaction processes and group processes in Sport****8.- AGGRESSION IN SPORT**

Introduction. Concept of aggression in sport. Main theories of aggression in sport. Collective behavior and aggression in sport.

9.- GROUP COHESION IN SPORT

Introduction. Concept of group cohesion. Nature of group cohesion. Group cohesion measurement in sport. Influence of cohesion on group performance in sport. Development of team cohesion in sport.

10.- LEADERSHIP IN SPORT

Introduction. Nature of leadership in sport. Main leadership theories in sport. Mediation model of leadership. Multidimensional model of leadership.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	45,00	100
Development of group work	8,00	0
Development of individual work	9,50	0
Preparation of evaluation activities	10,00	0
Preparing lectures	20,00	0
Preparation of practical classes and problem	20,00	0
TOTAL	112,50	

TEACHING METHODOLOGY**Teaching techniques will be:**

The teaching methodology used in the development of this subject will include the following methods:

- Theoretical expositions by the teacher: presentation and analyses in the classroom of the concepts and key theories in Social Psychology of Sport, through lecture meetings and development of dynamics in the classroom.
- Practices and activities done by the students in the classroom.
- In-person or virtual tutorials.
- Autonomous work of the students outside the classroom, elaborating individual and group practices.
- Presentation in the classroom of the reports and practical works done by the students.

Practices and concrete activities to develop by the students (their content, execution way and date of submission or exposition) will be concreted to the students by the professor in the virtual area.



EVALUATION

Subject evaluation system

The evaluation of the subject will be carried out through Activities and Theoretical exam

ACTIVITIES

First call: The activities, reports and works proposed throughout the course will be assessed. Its presentation will be cumulative, until completing 30% of the final mark of the subject.

Second call: In the case of passing the activities in the first call and failing the theoretical exam, the mark may be maintained for the second call. In the case of failing the activities in the first call, they will be recoverable in the second call by an exam that will assess the acquisition of the learning results.

THEORIC EXAM

The theoretical evaluation of the students will follow the same criteria, both for the first and the second call.

The theoretical exam will have a maximum load of 70% of the final grade. The theoretical exam may be carried out through an objective test or through questions to be developed, at the student's choice during the first two months of class. The objective test will be corrected using the formula: $\text{Correct answer} - (\text{Mistake} / 3) / \text{Number of questions} \times 7$. In the development questions, expressive aspects will also be taken into account, not only the content.

The *minimum requirements* to pass the subject in Exams and Activities will be the same in the first as in the second call.

- Theoretical exam: obtain a score of 3.5 out of 7
- Activities: obtain a score of 1.5 out of 3

QUALIFICATION

The evaluation of the subject and the challenge of the grade obtained will be subject to the provisions of the Regulation of Assessment and Qualification of the University of Valencia per a títols de Grau i Màster (ACGUV 1 0 8/2 0 1 7 of 3 0 May 2 0 1 7

http://www.uv.es/graus/normatives/2017_108_Reglament_avaluacio_qualificacio.pdf



According to this, it is specified in a numerical expression from 0 to 10 with one decimal, using the following rating scale:

- From 0 to 4.9: Failure.
- From 5 to 6.9: Pass.
- From 7 to 8.9: Notable.
- From 9 to 10: outstanding or outstanding honors.

The different sections contemplated in the evaluation will only be added when the minimum requirements established for each of them are exceeded.

Honors may be awarded as long as the student achieves an outstanding. This will be awarded to the student with the highest mark. If there is a tie, the possibility of taking a development test to tie the tie will be offered.

The mark obtained in the *first call* in accordance with the following rules will be included in the minutes of the course:

- If there is no mark for the evaluation section with the highest weighting, the mark will be **NOT PRESENTED**, regardless of the rest.
- If there is a mark in the evaluation section with the highest weighting, and this does not meet minimum requirements, **FAIL** and a numerical mark based on 10 of the qualification of this section will be recorded.
- If there is a mark in the evaluation section with the highest weighting, and this exceeds the minimum requirements established (3.5), but these requirements are not met in the other section (1.5), **FAIL** and numerical mark will be recorded in base 10 of the mark of the section for which the subject is not passed.

On *second call*, the procedure will be in accordance with the following rules:

- The option **NOT PRESENTED** will only fit, when more than one of the evaluation sections has not been submitted, including the one with the highest weighting.
- If there are marks in all the evaluation sections and the minimum requirements are not met in any of them, there will be **FAIL** and the mark in base 10 corresponding to the section that has not been passed. If there is more than one section that is not passed, the maximum mark will be included in the failure in base 10.
- If one or more of the minimum requirements is not exceeded and an evaluation section is missing, **FAIL** and a numerical mark based on 10 of the qualification of the section not passed will be recorded.



- If the higher weighting test is passed, but evidence is lacking in the other section, FAIL will be recorded. The parts shall be added and: a) if the sum is less than 5, such result shall be recorded; b) If the sum is greater than 5, 4.9 will be recorded.

Plagiarism warnings

The obvious copying or plagiarism of any task that is part of the evaluation will suppose the inability to pass the subject, subsequently submitting to disciplinary procedures timely.

Please note that, in accordance with article 13. d) of the University Student Statute (RD 1791/2010, of December 30), it is the duty of a student to refrain from using or cooperating in fraudulent procedures in the evaluation tests, in the works that are carried out or in official university documents.

During tutoring hours, the teaching staff may request individual or group interviews in order to verify the degree of participation and achievement in the objectives set for any task carried out. Not accepting said verification will mean not passing the task or activity in question.

REFERENCES

Basic

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- Balaguer, I. (2007). Clima motivacional, calidad de la implicación y bienestar psicológico: Una propuesta de intervención en equipos deportivos. En A. Blanco y J. Rodríguez Marín (Eds.), *Intervención Psicosocial* (pp. 135-162). Prentice-Hall.
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- Weinberg, R.S., & Gould, D. (2010). *Fundamentos de psicología del deporte y del ejercicio físico*. Editorial Médica Panamericana S.A.



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Additional

- Balaguer, I. (Ed.) (1999). Los procesos motivacionales y su aplicación al mundo del deporte y del ejercicio. *Revista de Psicología Social Aplicada*, 9, nº 1.
- Balaguer, I. (Ed.) (2002). *Estilos de vida en la adolescencia*. Promolibro.
- Balaguer, I., Castillo, I., y Duda, J.L. (2008). Apoyo la autonomía, satisfacción de las necesidades, motivación y bienestar en deportistas de competición: Un análisis de la teoría de la autodeterminación. *Revista de Psicología del Deporte*, 17, 123-139.
- Buceta, J.M. y Larumbe, E. (Eds.) (2010). *Psicología del Deporte: Experiencia profesional*. Dykinson, S.L.
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- Duda, J. L., Quested, E., Haug, E., Samdal, O., Wold, B., Balaguer, I., Castillo, I., Sarrazin, P., Papaioannou, A., Ronklan, L. T., Hall, H., & Cruz, J. (2013). Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA): Background to the project and main trial protocol. *International Journal of Sport and Exercise Psychology*, 11(4), 319-327.
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ADDENDUM COVID-19



This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

1. CONTENTS

Due to the proposal of alternate teaching (face-to-face classes - online classes) in which it is required that in face-to-face classes the same content be repeated in each group, we have considered that is necessary to eliminate the following topics:

Topic 6 - Physical self-concept

Topic 7 - Attitudes and change of attitudes in sport

Topic 8 - Aggression in sport

2. VOLUME OF WORK AND TEMPORARY PLANNING OF TEACHING

- Theoretical classes: 22
- Practical classes: 11
- Preparation of evaluation activities: 10
- Preparation of theory classes: 20
- Preparation of practical classes and problems: 37
- Resolution of practical cases: 12

3. TEACHING METHODOLOGY

- The necessary material will be uploaded to the virtual classroom for the preparation of the theoretical classes, as well as for the realization of the different activities. Documents will be uploaded or information on where to find them will be provided, when necessary.
- Theory classes will be developed through BBC synchronous videoconference.
- The activities and reports will have face-to-face sessions. The rest of the work will be carried out in groups or individually. For group work, students will have access to the University's own resources (virtual classroom, Microsoft teams ...). The works will be delivered through the virtual classroom, mainly. In some cases, students may be required to submit papers synchronously online (BBC)



- The tutorials will be carried out virtually, either through the virtual classroom forums, email or videoconference.

4. EVALUATION

Addition of continuous evaluation of activities

Value increase in the final grade of the continuous evaluation

Assessment test through academic work

Assessment test through projects

Oral/writing exams by video conference

The grade will be calculated as follows:

For the first call:

Continuous assessment:

- Activities grade: 70% of the final grade
- Two individual works proposed by the teaching staff: 10% of the final grade

Oral exam or writing exam:

- Those students who obtain a grade equal to or greater than 7.5 in the final grade, obtained through continuous assessment, may request an oral / writing test to be done through Blackboard Collaborate on the dates indicated for it. To count this test, the student must obtain a grade on this test above 8, and this grade will be considered their final grade. That is, if the oral / written test does not obtain a grade of 8 points or more, the student's grade will be the grade obtained in the continuous assessment (the one that entitles him/her to request the oral / written exam).

Example: A student gets a 6.5 in the practical mark (already carried out and the weighting of 70%) and 1 point for the individual works. As it has a final grade of 7.5 points, this student can request an oral / writing test. If in the oral / writing test the student gets a grade of 8, he / she will have an 8 in the final grade. If the student in the oral / written test scores a 7, he / she will have on the mark of the continuous evaluation: 7.5 points.



If there are students with technical difficulties (related to the means necessary to make the connection for the exam such as camera, microphone, internet connection, etc.), the student must communicate it during the first 15 days of class.

For the second call:

The second call will consist of a test / writing test through the Blackboard Collaborate, where the student must answer questions about practical cases in addition to answering questions on the theoretical agenda. The grade obtained in the test constitutes the final grade of the student in the subject.

The minimum grade to pass the course will be 5 points in the final grade.

Honors may be awarded as long as the student achieves an outstanding. This will be awarded to the student with the highest mark. If there is a tie, the possibility of taking a development test to tie the tie will be offered.

5. BIBLIOGRAPHY

The recommended bibliography is kept, as it is accessible