

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

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|----------------------|--------------------------|
| Code | 33332 |
| Name | Social sports psychology |
| Cycle | Grade |
| ECTS Credits | 4.5 |
| Academic year | 2019 - 2020 |

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 |
|----------------------------------|-------------------------|
| 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

Obligación de haber superado la materia Psicología Social

OUTCOMES

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.

LEARNING OUTCOMES

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

Evaluation system

Activities

The evaluation will take account of the activities, reports and assignments proposed throughout the course on a cumulative basis up to 30% of the final grade.

Recoverable and non-recoverable activities

By their very nature and characteristics of the activities, group activities (both theory and practice) will not be recoverable.

The individual activities (both theory and practice), will be retrievable in second attempt by examination that assesses the acquisition of learning outcomes. The teachers of the subject will determine the conditions of the examination in the second attempt.

Exams

There will be a theoretical exam to be sat at the end of the semester which will account for a maximum of 70% of the final grade. The theoretical examination can involve either an objective test or essay questions, as chosen by the student. The objective test will be marked by applying the formula: correct answers - (incorrect answers / 3) / no. of questions x 7. In essay questions the expression will also be taken into account, not just the content.

Minimum requirements

- Get a score of 3.5 in the final theoretical exam.
- Make up to 5 (minimum 1.5) by submitting reports and assignments proposed.

Grades

The qualification of the subject as well as the review of and appeal against the allotted grades will abide to what is stipulated in the *Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster* (ACGUV 108/2017 of May 30, 2017).

http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf

According to this, subjects are graded on a scale of 0 to 10 points to one decimal place, followed by a qualitative equivalence:

- From 0 to 4.9: fail
- From 5 to 6.9: pass
- From 7 to 8.9: good
- From 9 to 10: excellent or excellent with distinction



The different elements of assessment will only count towards the final aggregate mark if the minimum requirements established for each element are met.

Subject records will include the mark obtained at the first attempt according to the following rules:

- If the element of assessment with the highest weighting has not been assessed, the subject will be graded as ABSENT, irrespective of the rest.
- If the element of assessment with the highest weighting has been assessed but it does not meet minimum requirements, the subject will be given a mark of FAIL and the numerical mark on the 0-10 scale for that element.
- If the element of assessment with the highest weighting has been assessed and it does meet minimum requirements (3.5) but in the other element does not (1.5), the subject will be given a mark of FAIL and the numerical mark on the 0-10 scale for the element failed.

For the second attempt, the following rules shall apply:

- The mark of ABSENT can only be awarded when more than one element of assessment including that with the highest weighting has not been assessed.
- If all the elements of assessment have been assessed but one of them does not meet minimum requirements, the subject will be given a mark of FAIL and the numerical mark on the 0-10 scale for the element failed. If more than one element of assessment has been failed, the element with the highest mark on the 10 point scale will be used.
- If one or more of the minimum requirements is not met and one element of assessment has not been assessed, the subject will be given a mark of FAIL and the numerical mark on the 0-10 scale for the element failed.
- If the element of assessment with the highest weighting meets the minimum requirements but the other remaining element has not been assessed, the subject will be graded as FAIL. The elements will be added and: a) if the result is less than 5, the subject will be given that mark; b) if the result is more than 5, the subject will be given a mark of 4.9.

Warning on plagiarism

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken.

Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

During tutorials, lecturers may require individual or group interviews in order to verify the degree of participation and achievement of goals for any given task. Failure to accept the verification will result in such task or activity being failed.

Review of and appeals against assessment results shall be subject to the Regulations for Appealing against Marks (ACGUV of 29 April 2008)
(<http://www.uv.es/=sgeneral/Reglamentacio/Doc/Estudis/C9.pdf>)



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Basic

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- Jowet, S., & Lavallee, D. (2007). *Social Psychology in Sport*. Champaign, IL: Human Kinetics.
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Additional

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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

English version is not available