

**SUBJECT:** Social Psychology of Sport

**STUDIES:** Degree in Physical Activity and Sports Sciences

**CODE:** CE2UPSS1

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**TYPE:** Compulsory **YEAR:** 2<sup>nd</sup> **SEMESTER:** 2<sup>nd</sup>

**CREDITS (hours/week):** 4.5

**CREDITS ECTS:** 3.5

**TEACHER:** Dr. Jordi Segura i Bernal

**LANGUAGE:** Catalan

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**PRE-REQUISITES:** None.

**PREVIOUS KNOWLEDGE:** To follow this subject will be easier for students if they have the following knowledge:

- *Psychology of Sport*
- *Sociology of Sport*

**SUBJECTS TO BE STUDIED SIMULTANEOUSLY:** None.

**SUBJECT DESCRIPTION:**

The subject deals with interpersonal aspects in connection with physical activity and sport practice. Starting from a theoretical and practical approach, it is intended to analyse the occupational future as we regard the competences and skills applying to human relations and work team management, and the social aspects conditioning the objectives of sport and physical practice: wellbeing and life-quality, group efficiency, value education, etc.

**OBJECTIVES:**

The subject promotes the acquisition of the following competences:

- **Transversals competences:**

- Team work.
- Critical reasoning.
- Autonomous learning.
- Skills for interpersonal relation.
- Recognition of diversity and multiculturalism.

- **Specific competences:**

- To apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sports.
- To promote and assess training in long-lasting and autonomous habits for the practice of physical activity and sports.
- To identify risks for health derived from inappropriate practice of physical activities.

- **Learning objectives:**

This subject will promote and evaluate that students acquire the skills and knowledge listed below:

1. To know how to identify the object of study and objectives, regarding health and well-being, of social psychology as a science applied to physical activity and sport.
2. To know how to identify the analysis-level of human interactions in physical activity and sport contexts.
3. To know the basic psychosocial processes in physical activity and sport contexts.
4. To know methodological research strategies applied to interpersonal relations in physical activity and sport contexts.
5. To detect people and groups' needs in physical activity and sport contexts.
6. To use different documentation sources suitable for social psychology and applied to physical activity and sport.
7. To evaluate and analyse behaviours, attitudes and values in sport and physical activity in different cultural and social contexts, for professional performance purposes.

### **CONTENTS:**

1. Conceptualisation and historical approach to social psychology applied to physical activity and sport.

1.1. Social psychology: concept, object of study and purposes. Main theories and methodological strategies.

1.2. Sport practice and community. Well-being, health and life-quality.

1.3. Basis for the application of social psychology in the field of physical activity and sport.

2. Basic psychosocial processes in the field of physical activity and sport.

Affiliation and participation. Influence. Adherence and abandon of sport practice. Socialisation. Social skills and competences. Cognition and emotion. Attitudes. Social communication.

3. Analysis of physical and sport actions.

Interpersonal relations and sport practice. Cooperation and rivalry. Aggression and violence in sport.

4. The context of a small sport group.

Dynamics and group processes. Leadership. Group structure: roles, rules, communication. Intergroup relations. Minorities and sport practice.

5. Competition and sport board.

6. Sport organisation.

### **METHODOLOGY:**

The methodological strategies differ depending on the topic to be developed:

- Teachers' accounts of contents.
- Practical exercises carried out in class to apply techniques and/or strategies to analyse, individually, in pairs or in small groups, interpersonal phenomena.
- Commentary of a text (article) or graphic document (film) to develop competences for the analysis of interactions in physical activity and sport contexts.
- Out-of-class practical assignment carried out in small groups and monitored by the teacher. It will consist of the analysis and interpretation of an interpersonal phenomenon, through the implementation of a technique or strategy in

connection with one programme unit, to be chosen from the suggestions made in the subject portfolio. Students are given guidelines to write the assignment up.

### **EVALUATION:**

The learning objectives will be evaluated according to the following evaluation strategies. They will have the relative value listed below:

- **Exam: multiple choice questions and open commentary of a document (case, example, etc.) similar to those presented in class (80%):** learning objectives being evaluated: 1, 2, 3 and 5.
- **Practical assignment (10%):** learning objectives being evaluated: 4 and 6.
- **Technical exercises carried out in class (10%):** learning objectives being evaluated: 7.

### **BASIC BIBLIOGRAPHY:**

SEGURA, J. Psicología social de l'esport (en premsa)

### **BIBLIOGRAPHY AND COMPLEMENTARY MATERIAL:**

- ÁLVAREZ, J.L., GARRIDO, A. i TORREGROSA, J.R. (coords.) (1996). *Psicología social aplicada*. Madrid: Mc Graw Hill.
- BIDDLE, S.J. (ed.) (1995). *European Perspectives on Exercise and Sport Psychology*. Champaign: Human Kinetics.
- CARRON, A.V. (1980). *Social Psychology of Sport*. Ithaca: Mouvement.
- CARRON, A.V. & HAUSENBLAS, H.E. (1998). *Group Dynamics in Sport*. Morgantown: Fitness Information Technology.
- COX, R.H. ( 1998). *Sport Psychology. Concepts and Applications*. Boston: McGraw-Hill. Cap. 9: Social Psychology of Sport. pp.274-333.
- HOMBRADOS, M.T. (1996). *Introducción a la psicología comunitaria*. Archidona: Aljibe.
- HORN, T.S. (ed.). 1992). *Advances in Sport Psychology*. Champaign: Human Kinetics. Part III: Social-Environmental Influences and Sport Behavior, pp.161-218,
- LEÓN RUBIO, J.M. et al. (1998). *Psicología social. Orientaciones teóricas y ejercicios prácticos*. Madrid: Mc Graw Hill.
- MARTÍN, A., CHACÓN, F. i MARTÍNEZ, M. (1993). *Psicología comunitaria*. Madrid: Visor.
- WILLIAMS, J.M. (1991). *Psicología aplicada al deporte*. Madrid: Biblioteca Nueva.

**PREPARED BY:** Dr. Jordi Segura Bernal

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