

**COURSE DATA****DATA SUBJECT****Code:** 43334**Name:** Promotion of health and well-being of young people through physical activity and sport**Cycle:** Master's Degree**ECTS Credits:** 3.5**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
2151 - Master's degree in Psychological Intervention in the Social Environment	Facultat de Psicologia i Logopèdia	1	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
2151 - Master's degree in Psychological Intervention in the Social Environment	Psychological assessment and intervention in youth	COMPULSORY

COORDINATION

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SUMMARY

The course, "Promoting the Health and Well-Being of Young People Through Physical Activity and Sport," consists of three theoretical and practical credits.

Taught during the second quarter of the first year, this four-month course is part of the group of subjects that make up the module "Evaluation and Psychological Intervention in Youth."

The course aims to teach students to differentiate the conditions under which physical activity and sports can promote the health and well-being of young people, and to provide them with the basic knowledge necessary to establish intervention programs that achieve these objectives.

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

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

OTHER REQUIREMENTS



COMPETENCES / LEARNING OUTCOMES

2151 - Master's degree in Psychological Intervention in the Social Environment

Conocer y saber organizar, desarrollar, adaptar y valorar servicios y programas de asesoramiento e intervención psicosocial de acuerdo con las demandas y el contexto en el que se aplican.

DESCRIPTION OF CONTENTS

1. Agents of socialization of lifestyles

Practice of physical-activity and sports in Spain.
Major theoretical models of socialization.
Gender stereotypes.

2. Promoting the health and well-being of young people through physical activity and sport.

Motivation in physical activity and sport.
Values in physical activity and sport.
Processes of social influence in physical activity and sport.

3. Intervention programs for the promotion of health and wellbeing through physical activity and sport.

TARGET-based analysis and design structures.
PAL (Physically Active Learning) intervention programs.
Programs for the promotion of different health behaviors through physical activity.
Design of an intervention program for the promotion of health in young people through the practice of physical activity.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	9,00
Theoretical and practical classes	26,00
Total hours	35,00

**43334 Promotion of health and well-being of young people through physical activity and sport****NON PRESENCIAL ACTIVITIES**

Activity	Hours
Attendance at other activities	0,00
Individual or group project	18,00
Independent study and work	27,00
Preparation of lessons	0,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	45,00

TEACHING METHODOLOGY

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

Theoretical expositions by the professor: presentation and analysis in the classroom of the key concepts and theories of the Social Psychology of Sport, through expository classes and the development of dynamics in the classroom.

Practices and activities carried out by the students in the classroom.

Face-to-face or virtual tutorials.

Autonomous work of the students outside the classroom, developing individual and group practices.

Presentation by the students in the classroom of the reports and practical work done.

EVALUATION

The evaluation of the course will be based on two complementary criteria:

Evaluation of the learning process (60%) and evaluation of results (40%).

1. The evaluation of the learning process (continuous evaluation of the knowledge, skills and competences that are being acquired or consolidated) will be carried out by means of the activities and works programmed in the different subjects.

Statistical data sources on the results of programs that promote the healthy practice of physical activity will be consulted. Different projects that base their intervention on the promotion of health through the practice of physical activity will be studied through the project platforms.

2. The evaluation of performance will be done in class with an individual test (with multiple choice questions and short questions). The maximum grade to be obtained will be 4 points.

In the event that a student has not been able to follow the continuous evaluation, at least 80% of all activities and the individual test carried out during class time (therefore, at least 80% attendance), he/she will be obliged to take the official exam of the subject on the day and time set by the master's direction, both in the first and second call.

REFERENCES**Basic references**



Referencia b1:	Castillo, I., y Álvarez, O. (2023). <i>Psicología Social de la actividad física, el deporte y el ejercicio físico</i> . McGrawHill.
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complementary references

Referencia c1:	Raimundi, M. J. (2025). <i>Psicología del deporte: Caja de herramientas para la evaluación e intervención</i> . Paidós.
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