



COURSE DESCRIPTION SPORTS PSYCHOLOGY (ADVANCED COURSE)

SSD: PSICOLOGIA GENERALE (M-PSI/01)

DEGREE PROGRAMME: PSICOLOGIA (P25)
ACADEMIC YEAR 2022/2023

COURSE DESCRIPTION

TEACHER: MANDOLESI LAURA
PHONE: 081-2535457
EMAIL: laura.mandolesi@unina.it

GENERAL INFORMATION ABOUT THE COURSE

INTEGRATED COURSE: NOT APPLICABLE
MODULE: NOT APPLICABLE
CHANNEL: A-Z
YEAR OF THE DEGREE PROGRAMME: I
PERIOD IN WHICH THE COURSE IS DELIVERED: SEMESTER II
CFU: 8

REQUIRED PRELIMINARY COURSES

None

PREREQUISITES

Knowledge of General psychology and the properties of the CNS is required. To recover these contents, a review of a university textbook of General psychology and Neuroscience is suggested.

LEARNING GOALS

The course aims to provide in-depth knowledge of sport psychology by emphasizing the importance of cognitive, emotional, and motivational processes in athletic gestures, as well as affective and relational aspects. Furthermore, the course aims to provide some practical abilities to devise mental training programs based on scientific foundations. Finally, the course aims to provide adequate tools to promote psychological well-being by means of physical exercise.

EXPECTED LEARNING OUTCOMES (DUBLIN DESCRIPTORS)

Knowledge and understanding

The student has to demonstrate knowledge and understanding:

- 1) mental training techniques to improve sports performance;
- 2) the importance of the athlete's health;
- 3) the effects of physical exercise on psychological well-being and cognitive functioning.

Applying knowledge and understanding

The student has to demonstrate to use of the concepts acquired to design mental training programs based on the techniques of imagery and observation of action as well as on the management of activation levels.

In addition, he/she has to demonstrate knowledge of the main techniques to increase motivation and functional communication aimed at improving interaction and interpersonal relationships. Finally, he/she has to demonstrate to be able to promote healthy behaviors in order to improve the individual's psychophysical well-being at every stage of life.

COURSE CONTENT/SYLLABUS

Biological basis of movement, motor act, and action; Perception and action; Physiological properties of the mirror system and learning by observation; Attentional processes in sport and attentional style; Learning and memory; Executive functions and excellence in sport; Emotion, motivation, and personality; Motor imagery and mental chronometry techniques; Sleep as a process of mnemonic consolidation of procedural abilities; Biofeedback and Neurofeedback; The improvement of motivation; Interpersonal relationships and communication; Effects of exercise on cognitive functioning and psychological well-being; Doping, eating disorders in sports, exercise addiction; Sport and values.

READINGS/BIBLIOGRAPHY

- Mandolesi L (2017), *Manuale di psicologia generale dello sport*, Il Mulino.
- 10 scientific articles (the present course is included in AURORA project)

Lectures suggested:

- A cura di Lucidi F. (2011) *Sportivamente. Temi di psicologia dello sport* - Edizioni Universitarie di Lettere Economia Diritto.
- Mandolesi L. (2012) –*Neuroscienze dell'attività motoria. Verso un sistema cognitivo-motorio* - Springer-Verlag.
- Lucidi F. (2019) *Facciamo squadra - Il movimento e lo sport*- GEDI Gruppo Editoriale.

TEACHING METHODS OF THE COURSE (OR MODULE)

The course will consist of frontal lessons.

Since the course is part of the AURORA project, 2 ECTS will be delivered in English.

EXAMINATION/EVALUATION CRITERIA

a) Exam type

- Written

- Oral
- Project discussion
- Other

In case of a written exam, questions refer to

- Multiple choice answers
- Open answers
- Numerical exercises

b) Evaluation pattern