# General Psychology and Motor Activities

## Prof. Daniela Villani

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to provide an introductory overview of general psychology with particular reference to physical activities. The purpose is twofold: on the one hand, to provide a synthetic, but structured and current overview of knowledge essential to understanding the functioning of the human mind and the role of mental processes in the implementation of intentional, automatic and specialised sport actions; on the other hand, to study the athlete as a person, placing particular emphasis on sports experience as an opportunity to promote an athlete's vital skills and well-being. At the end of the course, students will know the nature and functioning of the main psychological processes related to the cognitive and emotional-motivational spheres applied to physical activity.

***COURSE CONTENT***

The following topics will be addressed:

– Interaction between cognitive and motor processes: perception, attention and action

– Modalities for learning motor actions

– The role of motivational aspects and emotional dynamics

– The beliefs of personal and collective effectiveness in sport

– Mental training and activation regulation strategies

– Flow experience and implications for the athlete's well-being and performance

***READING LIST***

The course involves the partial study of two reference manuals and the full study of a text focused on individual and social enhancement.

R.J. Gerrig-P.G. Zimbardo-L.M. Anolli-P.L. Baldi, *Introduzione alla Psicologia Generale. Corso di laurea in Scienze Motorie e dello Sport*, Pearson Text Builder Italia, Milan, 2018.

F. Lucidi (ed.) *SportivaMente. Temi di psicologia dello sport,* LED Edizioni Universitarie di Lettere Economia Diritto, Milan, 2011 (chapters 1, 3, 6, 13, 14).

M. Muzio-G. Riva-L. Argenton (eds), *Flow, benessere e prestazione eccellente. Dai modelli teorici alle applicazioni nello sport e in azienda.* Franco Angeli, Milan, 2012.

The lecture slides, which will be available on Blackboard, constitute an integral part of the course syllabus.

***TEACHING METHOD***

The course is held via classroom lessons, including the use of slides and a participatory methodology aimed at involving students. Presentations by experts are also scheduled, which will enrich the course with significant testimonies.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam aimed at assessing the student's knowledge of the topics covered in the texts indicated and in the slides on Blackboard.

Assessment covers students' knowledge of course content and a critical thinking about the topics debated during lectures their use of specialised language, and their ability to apply content to contexts and situations peculiar to motor activities.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course. However, a prior basic knowledge of psychological processes from an evolutionary and social perspective may facilitate the understanding of certain concepts.

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.