



# UNIVERSITÀ DEGLI STUDI DI PALERMO

<b>DEPARTMENT</b>	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
<b>ACADEMIC YEAR</b>	2019/2020		
<b>MASTER'S DEGREE (MSC)</b>	SCIENCE OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY AND SPORT PERFORMANCE		
<b>SUBJECT</b>	APPLIED DEVELOPMENT AND EDUCATIONAL PSYCHOLOGY FOR PHYSICAL EXERCISE		
<b>TYPE OF EDUCATIONAL ACTIVITY</b>	B		
<b>AMBIT</b>	50542-Psicologico pedagogico		
<b>CODE</b>	17887		
<b>SCIENTIFIC SECTOR(S)</b>	M-PSI/04		
<b>HEAD PROFESSOR(S)</b>	ALESI MARIANNA	Professore Ordinario	Univ. di PALERMO
<b>OTHER PROFESSOR(S)</b>			
<b>CREDITS</b>	7		
<b>INDIVIDUAL STUDY (Hrs)</b>	126		
<b>COURSE ACTIVITY (Hrs)</b>	49		
<b>PROPAEDEUTICAL SUBJECTS</b>			
<b>MUTUALIZATION</b>			
<b>YEAR</b>	1		
<b>TERM (SEMESTER)</b>	2° semester		
<b>ATTENDANCE</b>	Not mandatory		
<b>EVALUATION</b>	Out of 30		
<b>TEACHER OFFICE HOURS</b>	<b>ALESI MARIANNA</b> Wednesday 11:30 - 13:30    Il ricevimento si svolge in presenza presso lo studio del docente in v.le delle Scienze, edificio 15, IV piano. Su richiesta dello studente, si può svolgere il ricevimento online su piattaforma Microsoft Teams, Codice: lx3paxm.		

**DOCENTE:** Prof.ssa MARIANNA ALESI

<b>PREREQUISITES</b>	Knowledge of developmental trajectories in typical and atypical development concerning intellectual, linguistic, memory, motor, emotional, motivational areas.
<b>LEARNING OUTCOMES</b>	<p>Knowledge and understanding of complex topics concerning lifelong typical and atypical psychological functioning applied to sport domain</p> <p>Ability in applying knowledge and method to implement motor intervention program to enhance lifelong well-being.</p> <p>Ability to work with a critical approach to select and administer measures</p> <p>Ability to communicate Acquisition and employ of communicative skills and psychological lexicon in academic, professional and social fields.</p> <p>Capacity of learning Achieving an expertise in individual study, selecting and applying suitable method and tests to deal with typical and atypical development in sport domain and as well as bibliographic consultation.</p>
<b>ASSESSMENT METHODS</b>	<p>The exam aims at verifying knowledge and understanding of topics, interpretative competence and autonomy of judgement of concrete cases. For attending students the evaluation will consist of a written test consisting in 4 open questions (max length 12 lines and max time 15 minutes for each one) aimed at verifying knowledge of contents to be acquired and the capability to establish relationships between contents, theories and methodologies which have been an object of study during the course. The oral exam is optional. For not attending students the evaluation will consist of an oral exam aimed at verifying knowledge and understanding of topics, interpretative competence and autonomy of judgement of concrete cases as well as analytical and expository skills.</p> <p>The score will range from 18 to 30-30 with honours marks.</p>
<b>EDUCATIONAL OBJECTIVES</b>	The course aims at deepening theories and developing autonomous use of method to understand lifelong psychological functioning in typical and atypical population applied to sport domain .
<b>TEACHING METHODS</b>	Frontal lectures to deliver theories. Practical exercises to show techniques and tests to assess typical and atypical development as well as plan intervention programs. Discussion about concrete cases. Discussion of a recent international research article developing a specific topic.
<b>SUGGESTED BIBLIOGRAPHY</b>	<p>Per gli studenti che frequentano il corso (For attending students):</p> <ol style="list-style-type: none"><li>1) Giovannini D. e Savoia L (2002). Psicologia dello sport. Ed. Carocci (capitoli: 1, 4, 5)</li><li>2) M. Alesi, C. Galassi, A. Pepi (2016). "PMA - Programma Motorio Arricchito. Educare allo sviluppo motorio e cognitivo". Ed. Junior - Spaggiari.</li><li>3) Articoli scientifici in lingua inglese (English scientific papers)</li></ol> <p>Articoli scientifici</p> <p>Per gli studenti che non frequentano il corso (For not attending students):</p> <ol style="list-style-type: none"><li>1) Giovannini D. e Savoia L (2002). Psicologia dello sport. Ed. Carocci</li><li>2) M. Alesi, C. Galassi, A. Pepi (2016). "PMA - Programma Motorio Arricchito. Educare allo sviluppo motorio e cognitivo". Ed. Junior - Spaggiari.</li></ol>

## SYLLABUS

Hrs	Frontal teaching
4	Sport motivation: barriers and facilitators
4	Development of motor coordination and DCD
4	Cognitive development and sport
4	Self-esteem, self-efficacy, self-perception in sport domain
4	Self-image and Eating behavior disorder
4	Sport and disability
3	Benefits of physical activities in lifespan
Hrs	Practice
4	Method: observation and checklist
5	Test to assess motor development (Oseretsky, Movement ABC, EYMS, DCDQ, TGM,..)
5	Enriched motor programs
3	Questionnaires and self-reports to assess sport motivation
3	Tests to assess body image