



# UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Politiche e delle Relazioni Internazionali		
ACADEMIC YEAR	2022/2023		
MASTER'S DEGREE (MSC)	MANAGEMENT OF SPORT AND PHYSICAL ACTIVITIES		
SUBJECT	SPORTS PSYCOLOGY		
TYPE OF EDUCATIONAL ACTIVITY	B		
AMBIT	50453-Psicologico e sociologico		
CODE	22673		
SCIENTIFIC SECTOR(S)	M-PSI/01		
HEAD PROFESSOR(S)	MISURACA RAFFAELLA	Ricercatore	Univ. di PALERMO
OTHER PROFESSOR(S)			
CREDITS	6		
INDIVIDUAL STUDY (Hrs)	108		
COURSE ACTIVITY (Hrs)	42		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	2° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	<b>MISURACA RAFFAELLA</b> Monday 9:00 13:00 Stanza Docente presso il 2° piano del Dipartimento di Scienze Politiche e delle Relazioni Internazionali - Via Ugo Antonio Amico 4, Palermo		

**DOCENTE:** Prof.ssa RAFFAELLA MISURACA

<b>PREREQUISITES</b>	To understand the contents of the course, students should have basic knowledge of Sport Management.
<b>LEARNING OUTCOMES</b>	At the end of the course, students should know the most prominent theories and research methods of Sport Psychology and how they are applied to real contexts. Students should also be able to think critically and integrate their knowledge and understanding with the other disciplines in their program. On a communication level, they should be able to master the basic vocabulary of the field.
<b>ASSESSMENT METHODS</b>	Students' knowledge will be assessed with an oral exam. Questions will be derived from the lectures and the assigned readings. Students will be evaluated on their competence, critical thinking and their ability to apply learning and knowledge to real contexts. On a communication level, students should be able to use and understand the technical terms of the discipline. The passing grade is 18/30 (reflecting a basic knowledge of the discipline). Thirty/30 with honors reflects the highest possible grade.
<b>EDUCATIONAL OBJECTIVES</b>	This course will provide students with a general understanding of the main theoretical models, research methods and applications of Sport Psychology. Throughout the course, relationships between the disciplines of the program will be emphasized.
<b>TEACHING METHODS</b>	Frontal lectures and laboratories
<b>SUGGESTED BIBLIOGRAPHY</b>	RAAB, M. WYLLEMAN, P., SEILER, R., ELBE, A. M., HATZIGEORGIADIS, A. (2016). Sport and Exercise Psychology Research: From Theory to Practice. 1st Edition. Academic Press Scientific manuscripts provided by the Professor

## SYLLABUS

Hrs	Frontal teaching
2	European Perspective on Sport Psychology
2	Importance of Instructions in Sport Psychology
2	Benefits of Physical Activity and Fitness on Cognitive and Motor Development
2	Visual Perception and Motor Action
3	Learning a Motor Action From Within
2	Team Cognition and Team Sport
3	Individual Differences
2	Self Talk Strategies
2	Personality-Trait-Like Individual Differences
2	Promoting Acculturation Through Sport
2	Theoretical Developments in Career Transition Research
2	Holistic Perspective on the Development of Elite Athletes
2	Serial Winning Coaches
1	Sexual Harassment and Abuse in Sport
1	Theory-Based Team Diagnostics and Interventions
1	Empowering and Disempowering Coaching Climates
1	Exercise as Hedonic Experience
Hrs	Practice
4	Laboratory on Individual Differences
3	Laboratory on Self Talk
3	Laboratory on Sport and Emotions