

# BLENDDED INTENSIVE PROGRAMME (BIP) 2023

## Master Degree in Psychology or Human Movement Science

### Sport mental training in Europe

#### Host institution:

University G. d'Annunzio (UdA) of Chieti-Pescara, DiSpuTer, DMSI.

#### Partners institutions:

University of Extremadura (Spain), Claude Bernard Lyon 1 University (France), University of Gdańsk (Poland), Karlstad University (Sweden), Humboldt University of Berlin (Germany).

#### Faculty:

- Marika Berchicci, Maurizio Bertollo, Selenia di Fronso, and Claudio Robazza from UdA (Italy)
- Francisco M. Leo, Tomás García-Calvo, Juan J. Pulido, and Miguel A. López-Garjardo from the University of Extremadura (Spain).
- Emma Guillet Descas, Virginie Nicaise, and Guillaume Martinent from the Claude Bernard Lyon 1 University (France).
- Dagmara Budnik-Przybylska, Maria Kaźmierczak, Jacek Przybylski from the University of Gdańsk (Poland).
- Henrik Gustafsson, Gabriella Torell Palmquist, and Stefan Wagnsson from the Karlstad University (Sweden)
- Franziska Lautenbach from the Humboldt University of Berlin (Germany)

#### Number of ECTS provided: 3

The focus will be sport psychology, and, more specifically, mental training, described as "a training which consists in developing mental and cognitive skills with the objective of optimizing the personal or collective performance of athletes while promoting the pleasure of practice and autonomy" (Fournier, 2012). Psychological skills strongly contribute and influence performance.

This lecture program is organized around four main topics.

The first topic focuses on the engagement processes in athletes, coaches, and stakeholders, describing the theories and the antecedents, as well as the strategies and the scenarios used to optimize the engagement. Particular attention will also be devoted to the perspective on diversity and inclusion in sport.

The second topic focuses on psychological skills training, considering imagery, empathy, goal setting strategies, pre-performance routines, mental plans, and practical application of mental skills training.

The third topic considers theoretical and applied frameworks to understand optimal and non-optimal performance, as well as the psychophysiological states underpinning performance, and the stress-recovery balance in both theory and practice.

The fourth topic deals with team dynamics and leadership development in athletes and coaches, considering antecedents and consequences of team resilience in collective sports, strategies, and applications to foster group processes and performance in sports teams.

Lectures will be delivered in English by lecturers from one of the universities participating in the BIP program. Lecturers are recognized experts in their field.

# PROGRAM OVERVIEW

## **TOPIC 1 - Engagement process for athletes, coaches, and stakeholders.**

- A) Theories of engagement (Emma Guillet Descas, France).
- B) Antecedents of the athlete engagement: coaches and parents' influence (Virginie Nicaise, France).
- C) Strategies and scenarios for optimizing athlete' engagement (Guillaume Martinent, France).
- D) Perspectives on diversity and inclusion in sport (Gabriella Torell Palmquist, Sweden)

## **TOPIC 2 - Psychological (mental) skills training**

- A) Imagery in sport (Dagmara Budnik-Przybylska, Poland)
- B) Mental skills training (Jacek Przybylski, Poland)
- C) Developing pre-performance routines and mental plans (Henrik Gustafsson, Sweden)
- D) Goal setting strategies (Stefan Wagnsson, Sweden)

### ONLINE

- E) Empathic skills in sport (Maria Kaźmierczak, Poland)

## **TOPIC 3 - Optimal and non-optimal performance, physiological states, and stress-recovery balance**

- A) Theoretical and applied frameworks to understand optimal and non-optimal performance (Claudio Robazza, UdA)
- B) Understanding performance factors using a psychophysiological approach (Marika Berchicci, UdA)
- C) Yoga-based interventions for Stress-recovery balance (Selenia di Fronso, Uda)

### ONLINE

- D) Stress-recovery balance (Franziska Lautenbach, Germany)

## **TOPIC 4 – Team dynamics and leadership development in athletes and coaches**

- A) Group structure, group processes, and emerging states in collective sports (Francisco M. Leo, Spain)
- B) Leadership in sport teams (Juan J. Pulido, Spain)
- C) Antecedents and consequences of team resilience in collective sports. (Miguel A. López-Garjardo, Spain)

### ONLINE

- D) Group processes and performance in sports teams: Strategies and applications (Tomas G. Calvo, Spain).

# PROGRAM

## FIRST SESSION (online): July 3<sup>rd</sup>-4<sup>th</sup>

### July 3<sup>rd</sup>

h 10-12

- General information and presentation of the topics with reading and studying suggestions
- Group self-presentation (staff and students)

h 12-13

- Foreign Faculty:

Maria Kaźmierczak (University of Gdańsk, Poland): Empathic skills in sport

### July 4<sup>th</sup>

h 10-11

- Foreign Faculty:

Tomas Garcia Calvo (Spain): Group processes and performance in sports teams: Strategies and applications

h 11-12

- Foreign Faculty:

Franziska Lautenbach (Germany): Stress-recovery balance

## SECOND SESSION (in presence-Chieti): September 4<sup>th</sup>-8<sup>th</sup>

### Lessons and practical experience

### September 4<sup>th</sup>

h11-14

- Welcome greetings and lunch.

h 14-18

#### **TOPIC 1: Engagement process for athletes, coaches, and stakeholders.**

- Emma Guillet Descas (France): Theories of engagement
- Virginie Nicaise (France): Antecedents of the athlete engagement: coaches and parents' influence
- Guillaume Martinent (France): Strategies and scenarios for optimizing athlete' engagement
- Gabriella Torell Palmquist (Karlstad University, Sweden): Perspectives on diversity and inclusion in sport

## September 5th

h 9-13

### **TOPIC 2: Psychological (mental) skills training**

- Dagmara Budnik-Przybylska (University of Gdańsk, Poland): Imagery in sport
- Jacek Przybylski (University of Gdańsk, Poland): Mental skill training
- Henrik Gustafsson (Karlstad University, Sweden): Developing pre-performance routines and mental plans
- Stefan Wagnsson (Karlstad University, Sweden): Goal setting strategies

## September 6th

h 9-13

### **TOPIC 3: Optimal and non-optimal performance, physiological states, and stress-recovery balance**

- Claudio Robazza (UdA): Theoretical and applied frameworks to understand optimal and non-optimal performance
- Marika Berchicci (UdA): Understanding performance factors using a psychophysiological approach
- Selenia di Fronso (UdA): Yoga-based interventions for Stress-recovery balance

h 14

- Afternoon trip to a destination in Abruzzo, with "Aperitivo"

## September 7th

h 9-13

### **TOPIC 4: Team dynamics and leadership development in athletes and coaches**

- Francisco M. Leo (Spain): Group structure, group processes, and emerging states in collective sports
- Juan J. Pulido (Spain): Leadership in sport teams
- Miguel A. López-Garjardo (Spain): Antecedents and consequences of team resilience in collective sports

## September 8th

h 9-13

- Group work on specific topics of the 4 slots
- Preliminary project work with students

h 14

- Afternoon trip to a destination in Abruzzo, with final social dinner

## **THIRD SESSION (online): September 20<sup>th</sup> - 21<sup>st</sup>**

### September 20th

h 4-6 PM

- Project presentations by students and discussion

### September 21st

h 3-6 PM

- Project presentations by students and discussion
- Closing remarks

### **Final requirements/assessment:**

- presence (at least 80% of the lesson hours)
- presentation of a project to be chosen in one of the four slots; make a ppt presentation lasting approximately 15 min.