



University of Verona
Bachelor in Exercise and Sport Science
Academic Year 2015/2016

Course: Sport and Exercise Psychology	Professor: Francesca VITALI
Course: Psychology of Teams and Active Groups (3 CFU)	

Aims

The general aim of the course is to present a complete framework of the main research and intervention topics of psychology of teams and active groups. The specific aims of the course are to deepen the key-concepts of the most recent scientific national and international literature dealing with sport teams (sport) and active groups (exercise). Particular attention will be given to applied implications for kinesiologists.

Programme

The course will be divided in two parts. The first part will presents the basic elements of the course: definitions of group from sport and exercise psychology; disciplinary boundaries; presentation of the main group classifications; analysis of differences between 'team' and 'active group'; group membership and applied implications for personal and social identity; socialization process in sport and exercise.

The second part of the course will deepen the following thematic areas: (1) Theoretical approaches of group development and analysis of group structure; (2) Motivations to sport and to exercise practice in group: analysis of the main theoretical approaches and applied implications; (3) Competition and cooperation in sport teams and active groups; (4) Performance in sport teams and active groups; (5) Group cohesion and performance in sport teams and active groups; (6) Leadership in sport and exercise; (7) Communication processes in sport teams and active groups.

Course organization

The course aims to strengthen not only the knowledge but also the theoretical and practical skills in the field of psychology of teams and active groups. To facilitate home-study, teaching materials will be weekly available on the web pages dedicated to the course.

Examination procedures

The exam will consist of a written multiple choice questions test.

Bibliography

- Speltini, G. e Palmonari, A. (2007). *I gruppi sociali*. Bologna: Il Mulino.
- Burke, S. M., Carron, A. V. and Shapcott, K. M. (2008). Cohesion in exercise groups: An overview. *International Review of Sport and Exercise Psychology*, 1, 107-123.
- Carron, A. V., Colman, M. M., Wheeler, J., and Stevens, D. (2002). Cohesion and Performance in Sport: A meta analysis. *Journal of Sport and Exercise Psychology*, 24, 168-188.
- Slides by Francesca Vitali.

Additional bibliography

- Andreaggi, G., Robazza, C., e Bortoli, L. (2000). Coesione sociale e sul compito negli sport di squadra: il "Group Environment Questionnaire". *Giornale Italiano di Psicologia dello Sport*, 2, 19-23.
- Bandura, A. (2000). *Autoefficacia: teoria e applicazioni*. Trento: Erickson.
- Bortoli, L., e Robazza, C. (2003). Orientamento motivazionale nello sport. *Giornale Italiano di Psicologia dello Sport*, 3, 63-67.
- Bortoli, L., e Robazza, C. (2004). Il clima motivazionale nello sport. *Giornale Italiano di Psicologia dello Sport*, 1, 9-16.
- Carron, A. V., and Dennis, P. W. (2001). The sport team as an effective group. In J. M., Williams (Ed.), *Applied sport psychology: personal growth to peak performance* (4th ed., pp. 120-134). Mountain View, CA: Mayfield Publishing Company.
- Carron, A.V., and Hausenblas, H.A., (1998). *Group dynamics in sport. II Ed.* Morgantown, WV: Fitness Information Technology.
- Chelladurai, P. (1990). Leadership in sports: A review. *International Journal of Sport Psychology*, 21, 328-354.

- Estabrooks, P. A. (2000). Sustaining exercise participation through group cohesion. *Exercise and Sport Sciences Reviews*, 28, 63-67.
- Estabrooks, P. A., and Carron, A. V. (1999a). Group cohesion in older adult exercisers: prediction and intervention effects. *Journal of Behavioral Medicine*, 22, 575-588.
- Estabrooks, P. A., and Carron, A. V. (1999b). The role of the group with elderly exercisers. *Small Group Research*, 30, 438-452.
- Martens, R. (1991). *Psicologia dello sport. Manuale per gli allenatori*. Roma: Borla.
- Martin, J. J., and Vitali, F. (2011). Social Identity Implications for Active Individuals with Physical Disabilities. In M., Wearing. (Ed.), *Social Identity* (pp. 163-173). London, UK: Nova Science Publishers.
- Paskevich, D., Estabrooks, P., Brawley, L. R., and Carron, A. V. (2001). Group cohesion in sport and exercise. In R. Singer, H. Hausenblas, and C. Janelle (Eds.), *Handbook of sport psychology* (2nd Ed., p. 472-494). New York, NJ: Wiley.
- Weinberg, R.S., and Gould, D. (2015). *Foundations of Sport and Exercise Psychology*. 6th Edition. Champaign, IL: Human Kinetics.
- Wickwire, T., Bloom, G., and Loughhead, T. (2004). The environment, structure, and interaction process of elite same-sex dyadic sport teams. *The Sport Psychologist*, 18, 381-396.
- Widmeyer, W., and Ducharme, K. (1997). Team building through team goal setting. *Journal of Applied Sport Psychology*, 9, 61-72.

Additional bibliographical indications on books and scientific papers will be provided during the course.

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More informations

See the professor web page on University's website.