

# PSICOLOGIA DELLO SPORT

## **Modulo 1 – Introduzione**

Modulo 2 – Attenzione e concentrazione

Modulo 3 – La motivazione nello sport

Modulo 4 – Il gruppo ed i processi di gruppo nello sport

Modulo 5 – Livelli di Attivazione e Prestazione sportiva

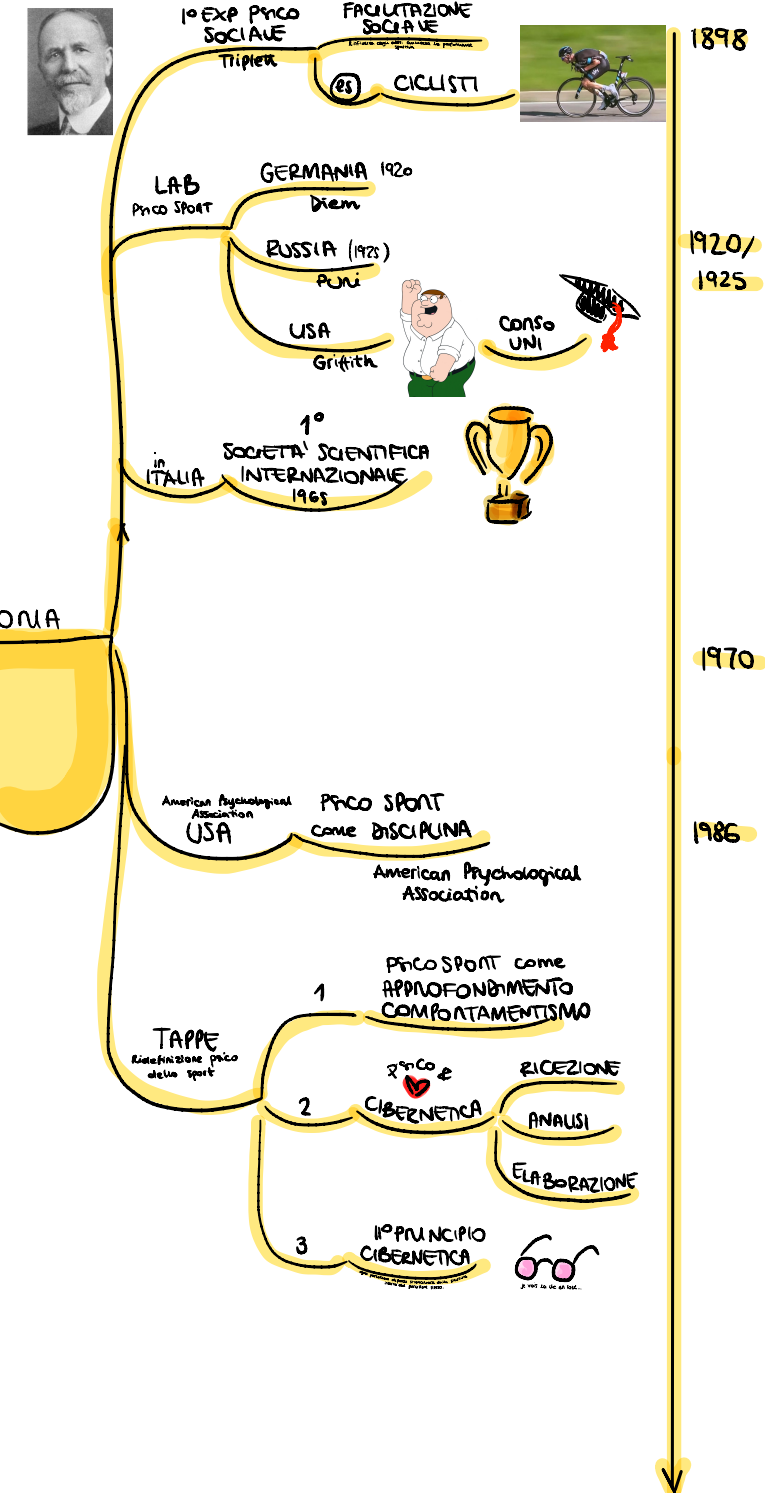
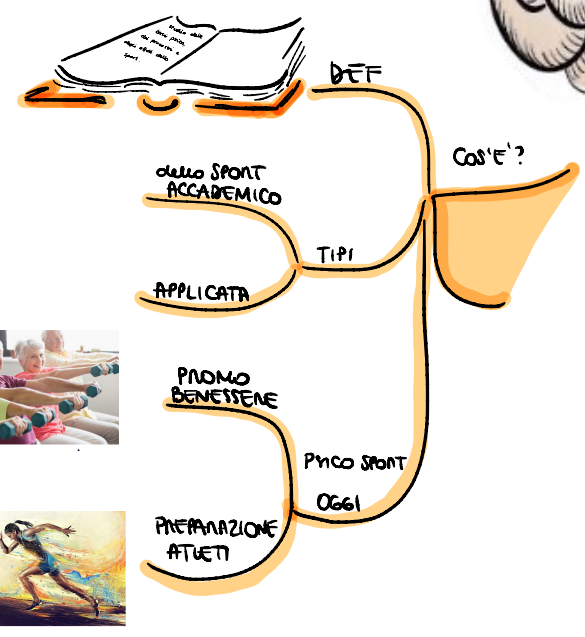
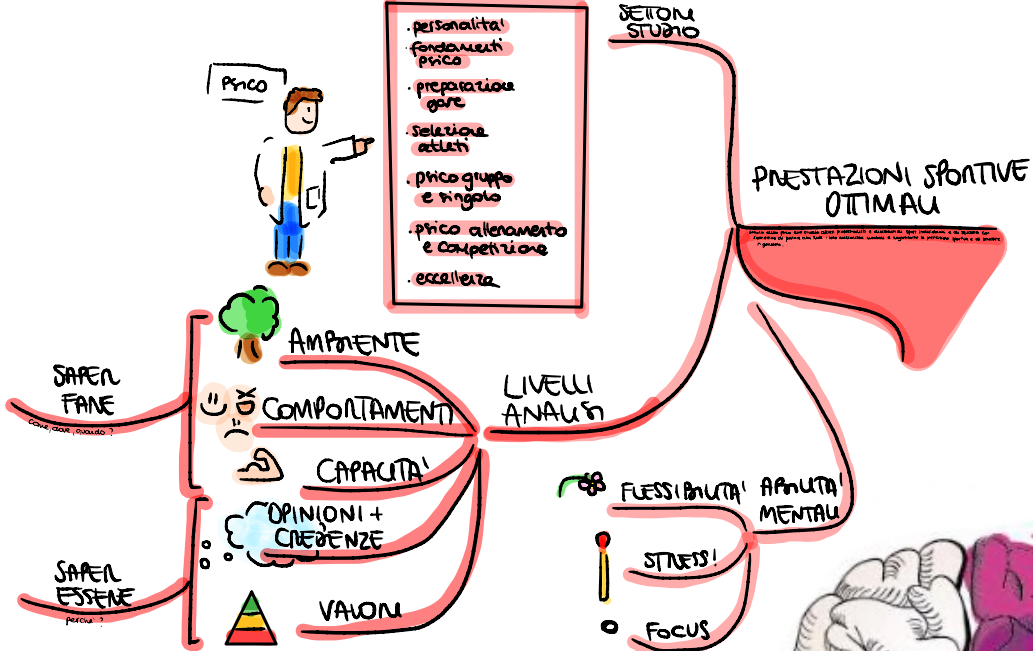
Modulo 6 – Sport e caratteristiche di personalità

Modulo 7 – L'autoefficacia nello sport

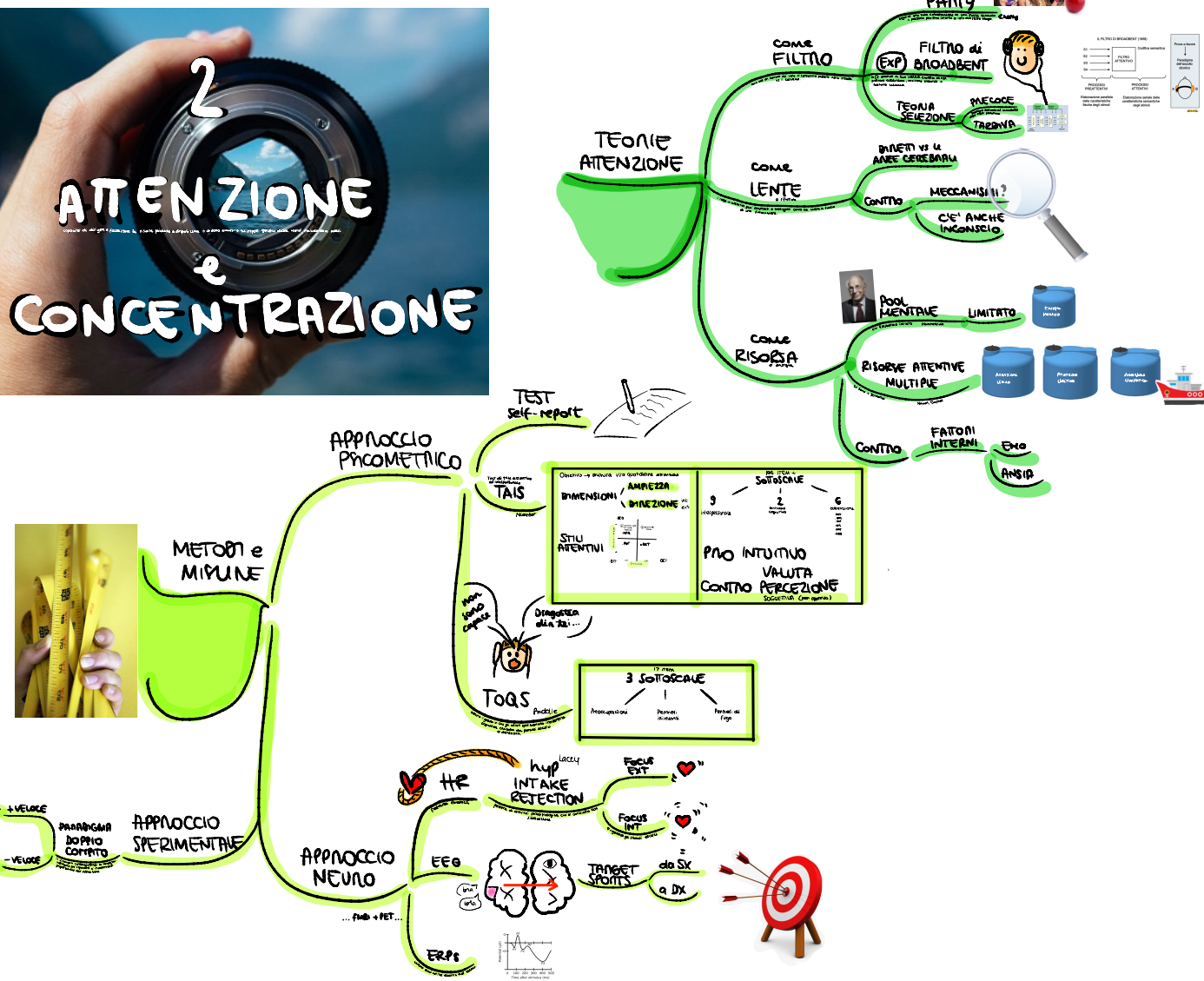
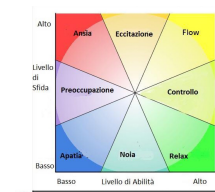
Modulo 8 – L'allenamento mentale

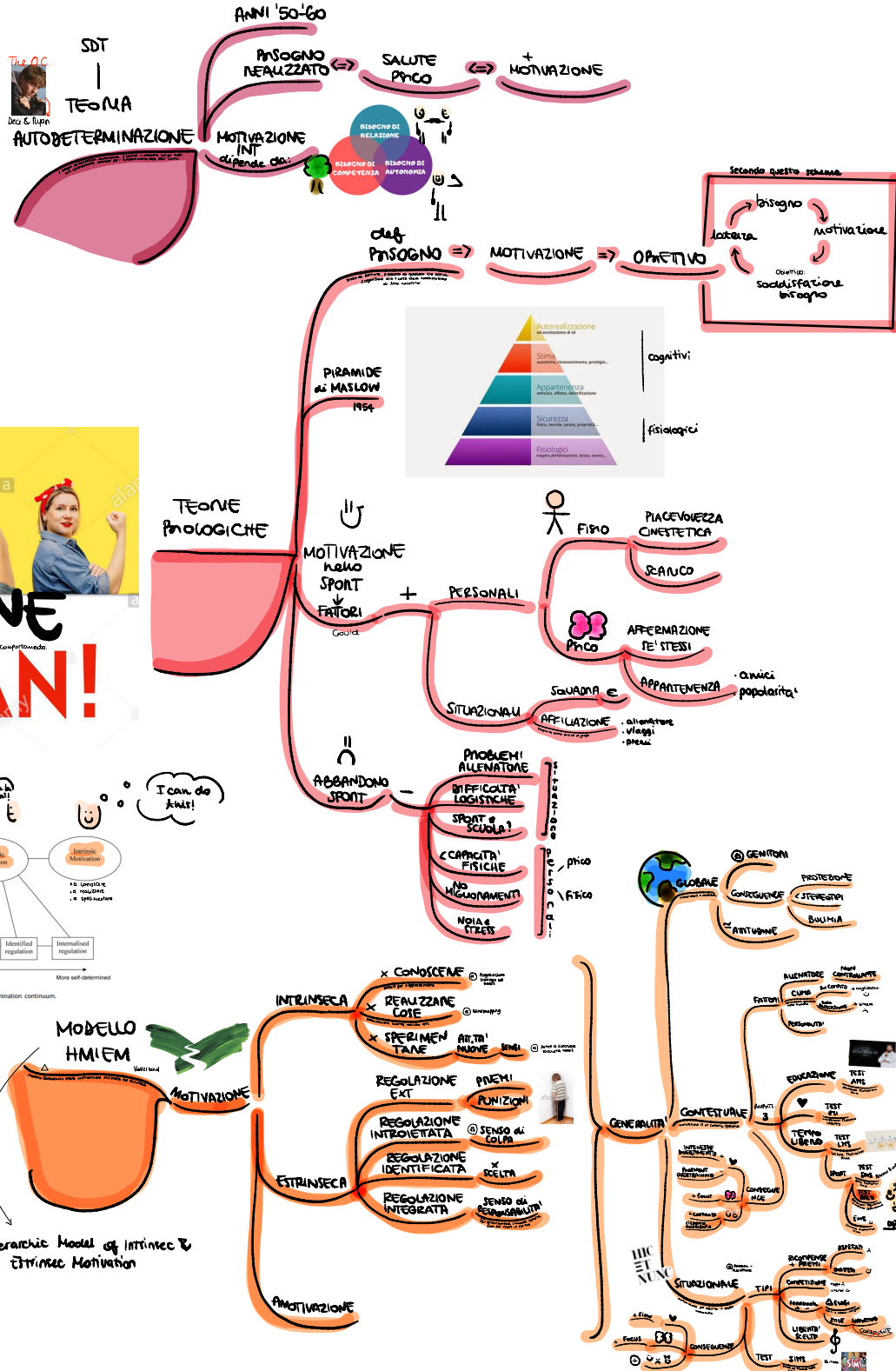
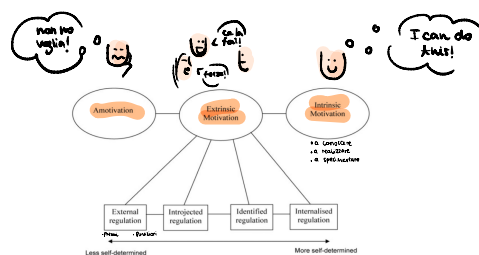
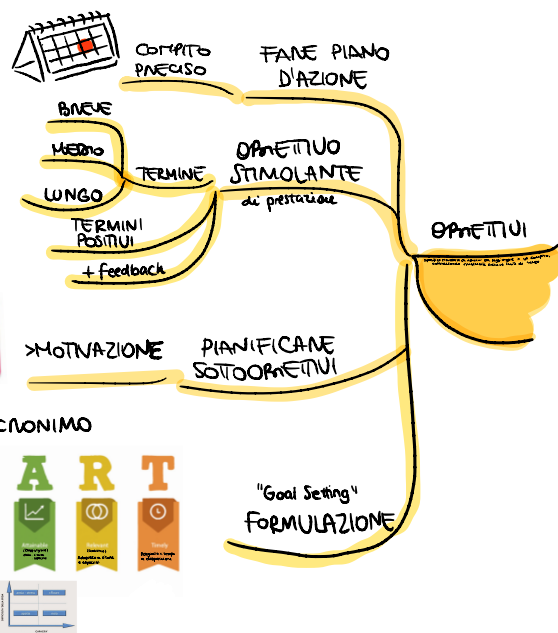
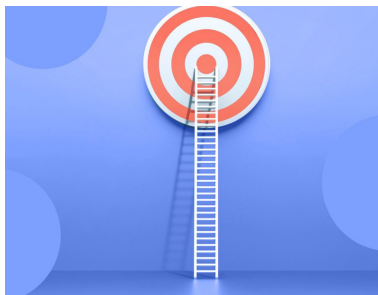
Modulo 9 – Un modello di prestazione: SFERA









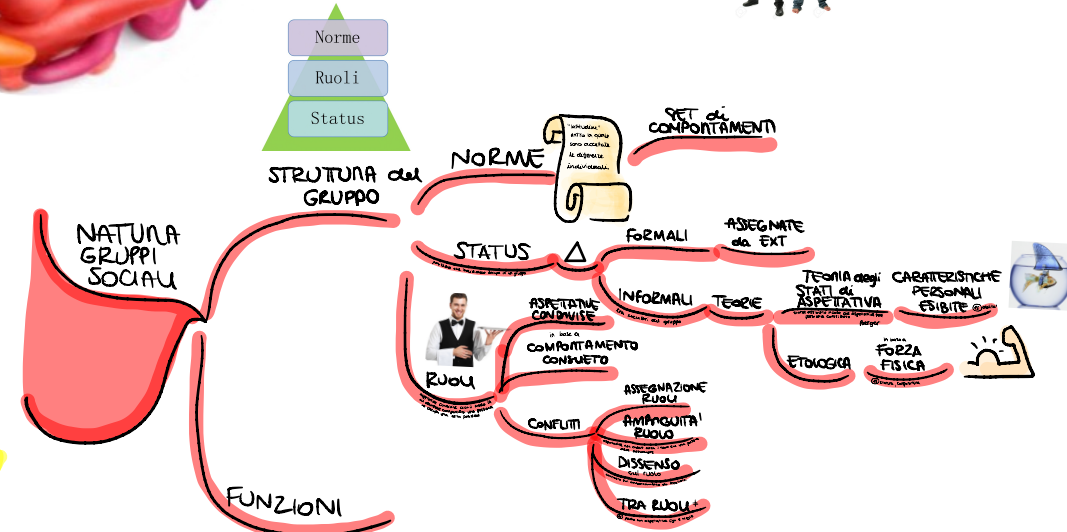
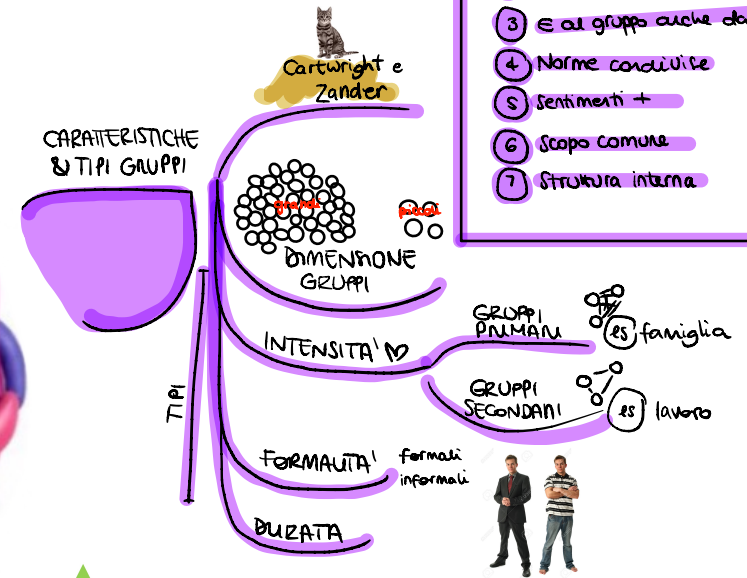
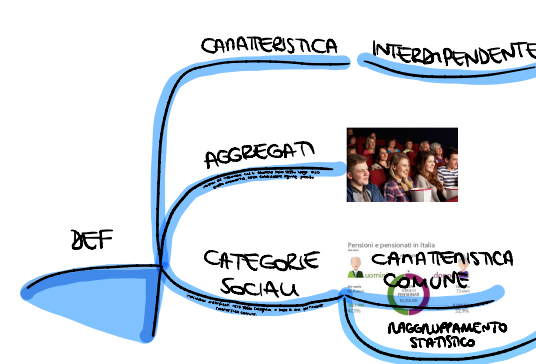


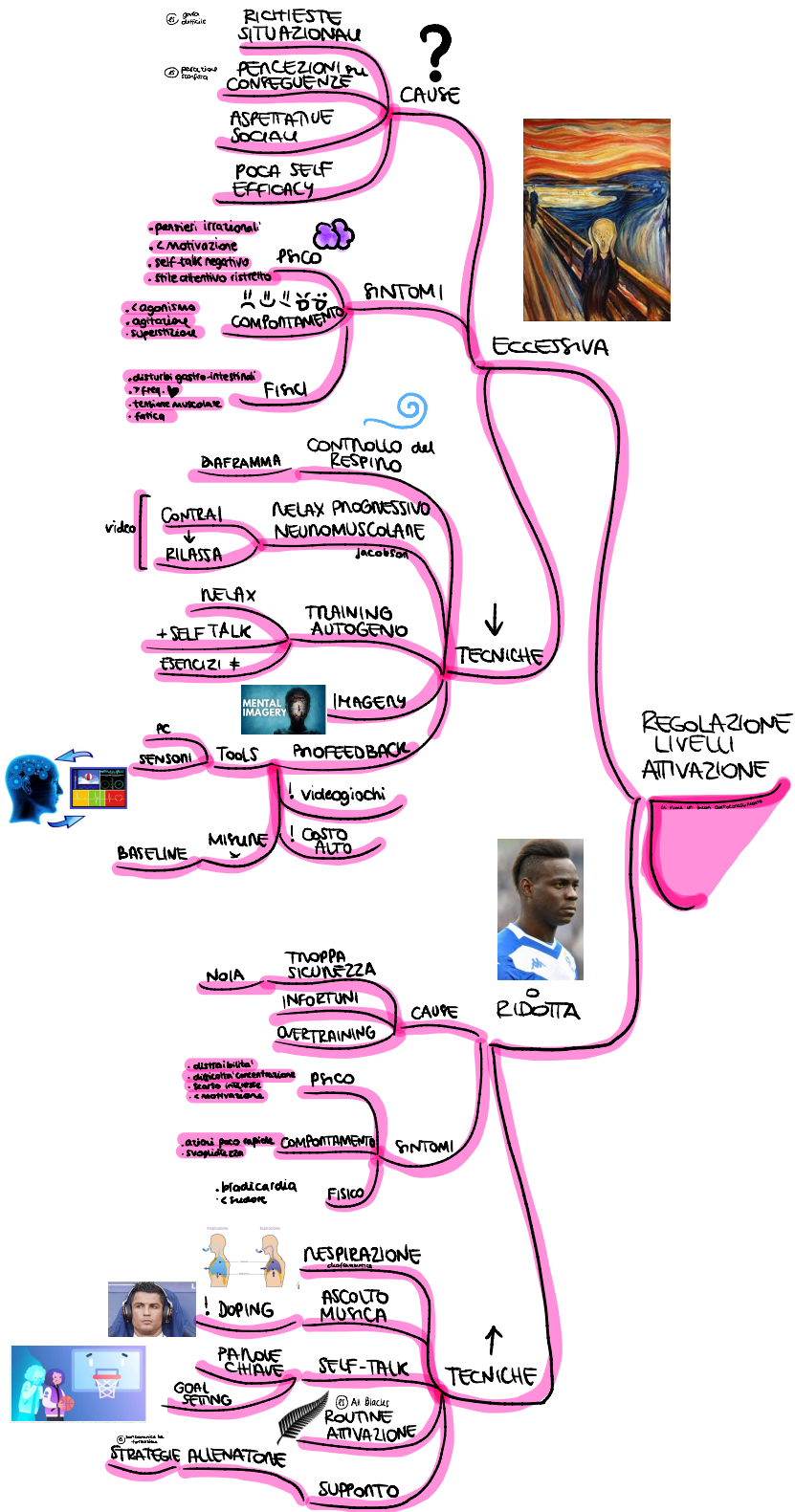
4) La Sport Motivation Scale è stata sviluppata da:

- ☒ Markland & Tobin, 2004
- ☐ Pelletier e colleghi, 1995
- ☐ Vallerand e colleghi, 1992

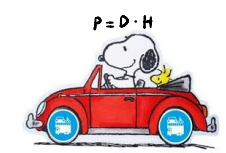
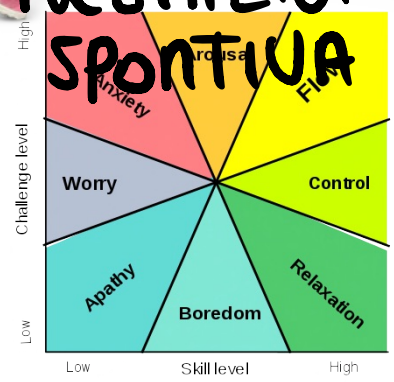
**Risposta/e corretta/e:**  
Pelletier e colleghi, 1995







# LIVELLI di ATTIVAZIONE e PRESTAZIONE SPONTIVA



$$P = D \cdot H$$

$$P = D \times H$$

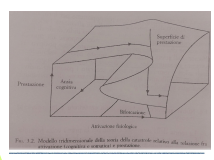
## DRIVE THEORY



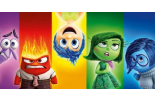
## U CAPOVOLTA



## TEORIE di ATTIVAZIONE



## CATASTROPHE THEORY



## REVERSAL THEORY

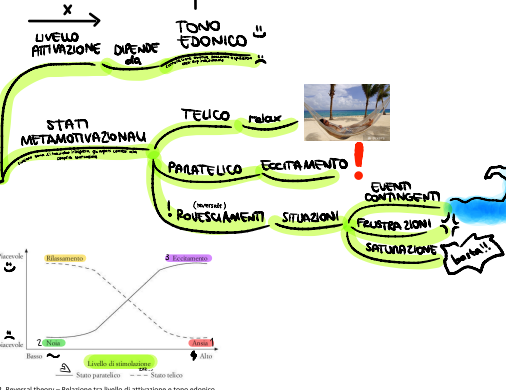
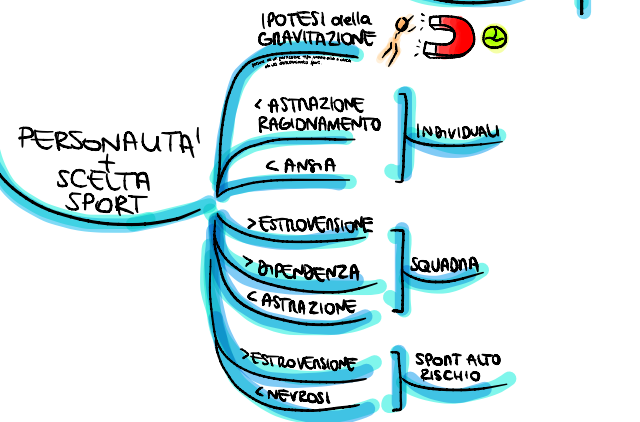
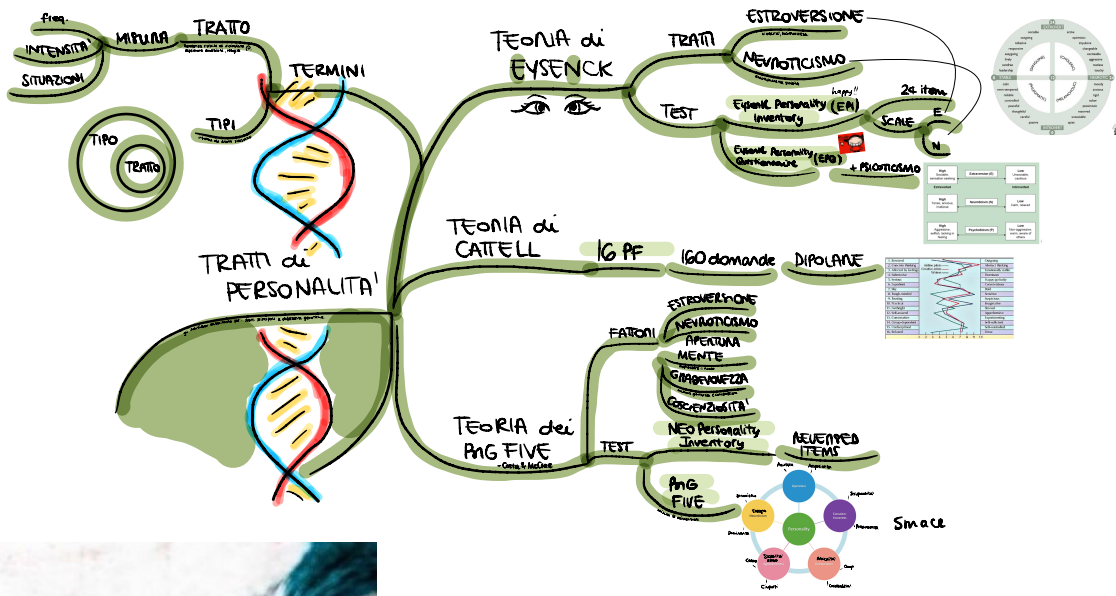
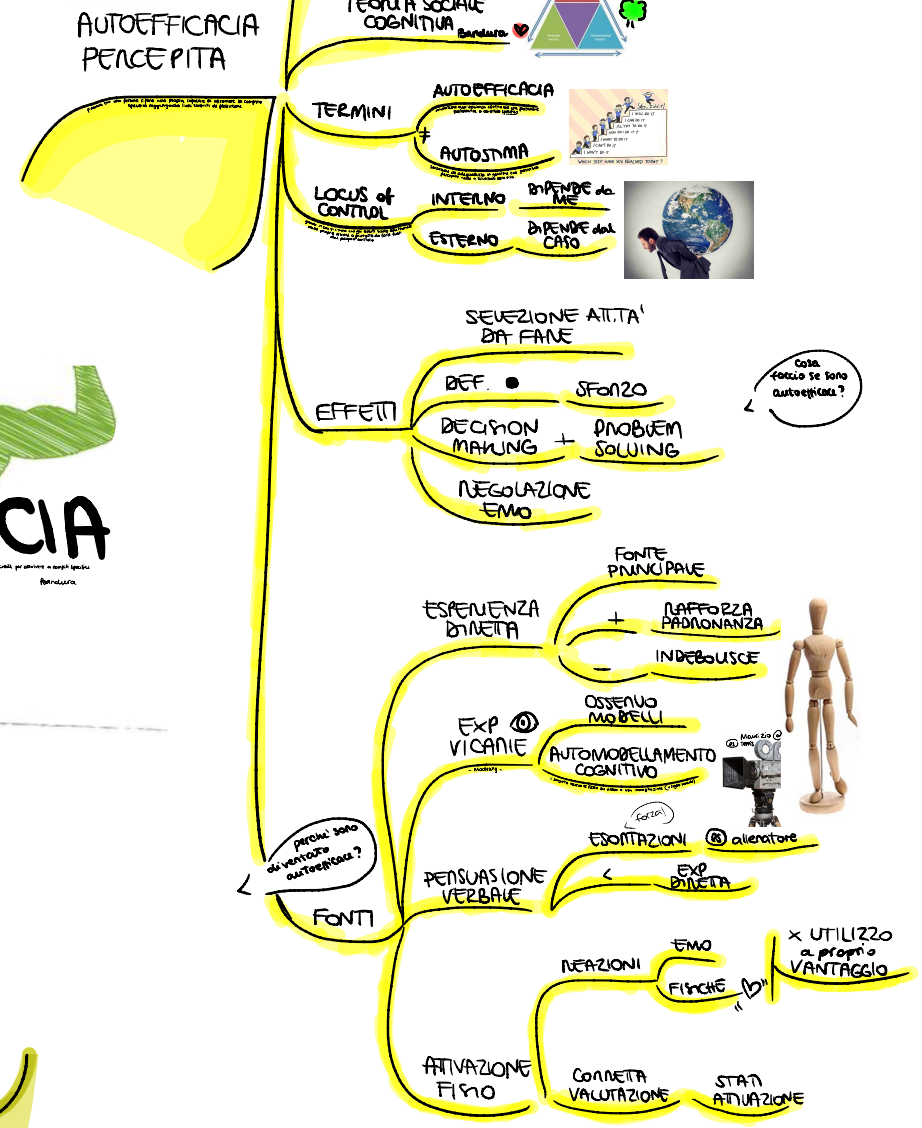
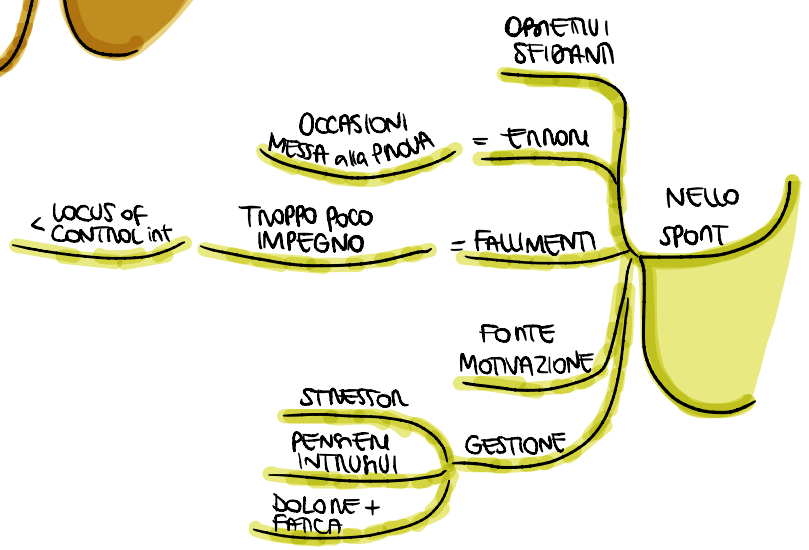
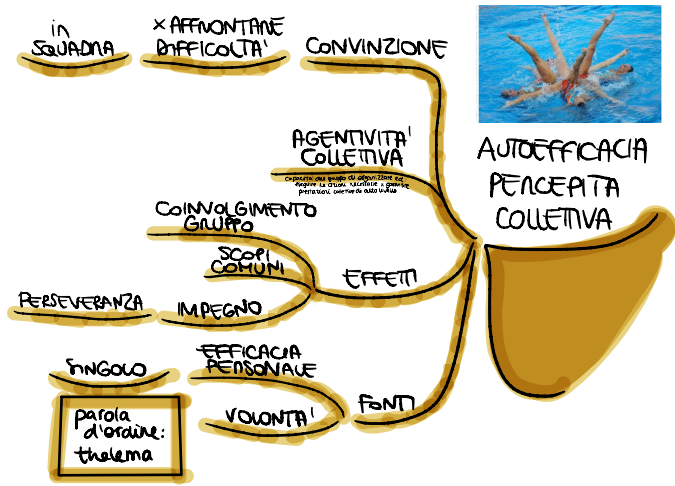
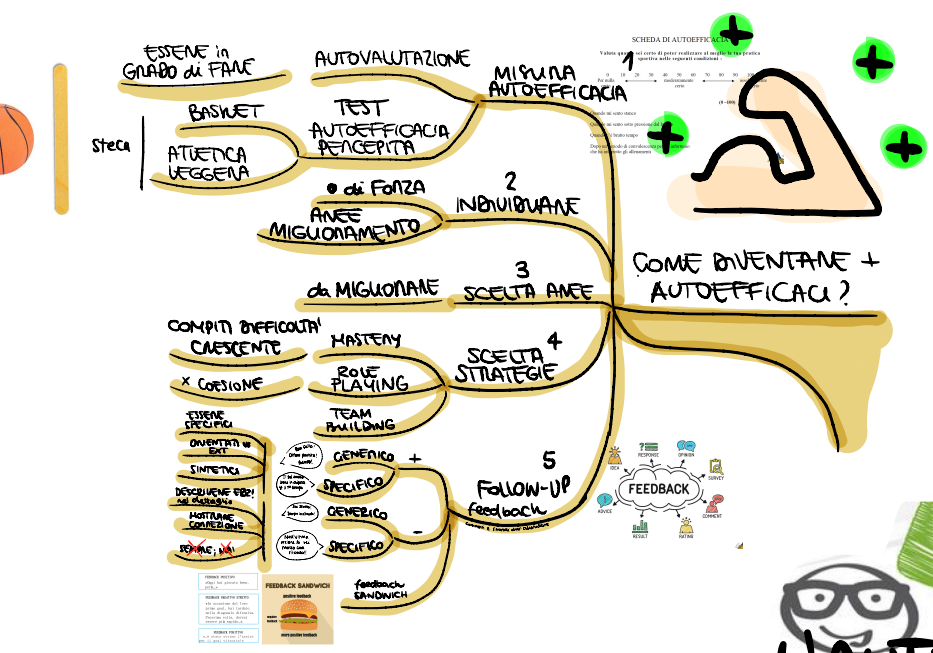


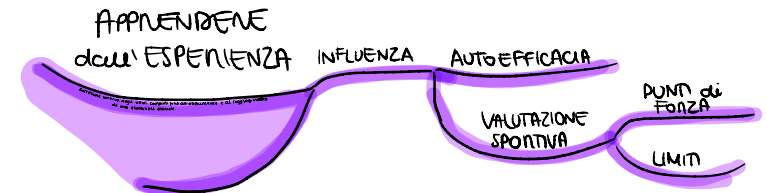
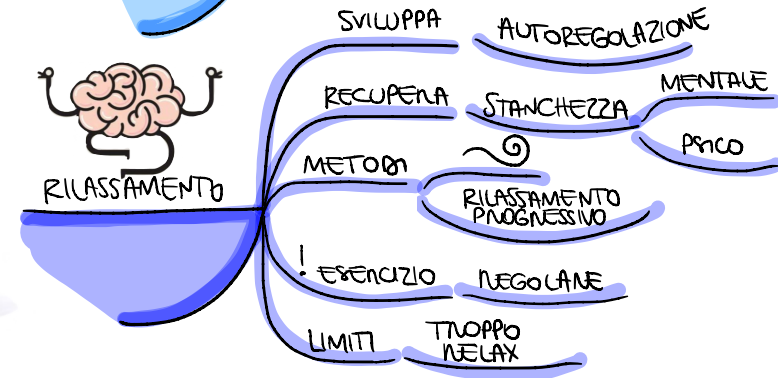
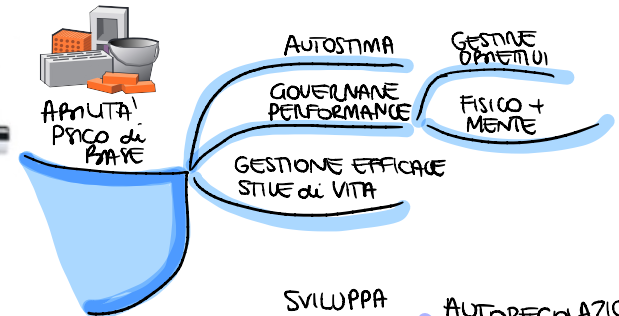
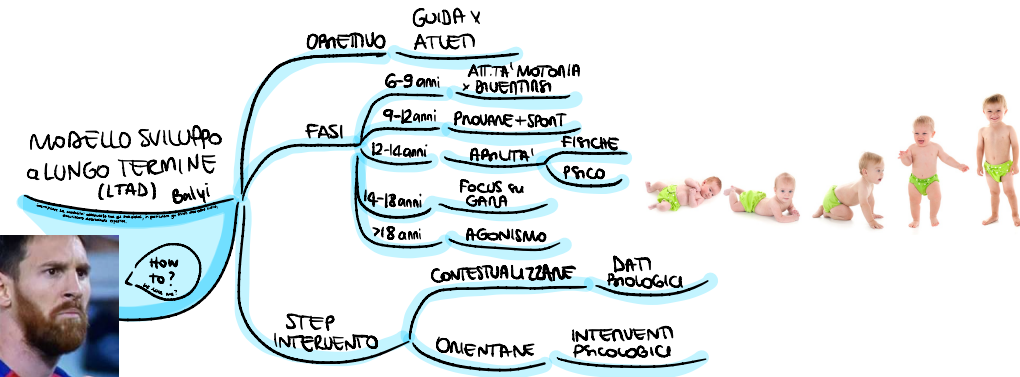
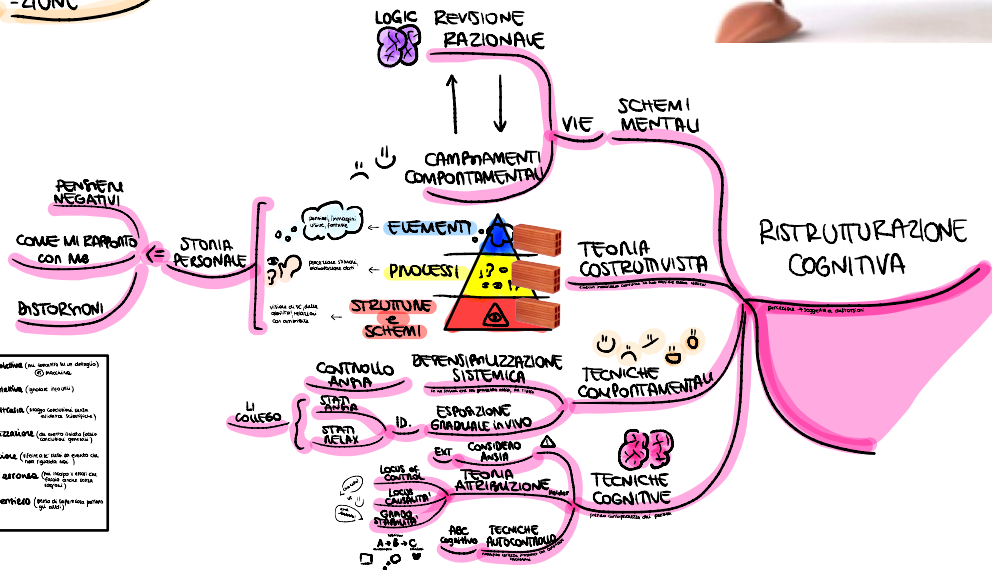
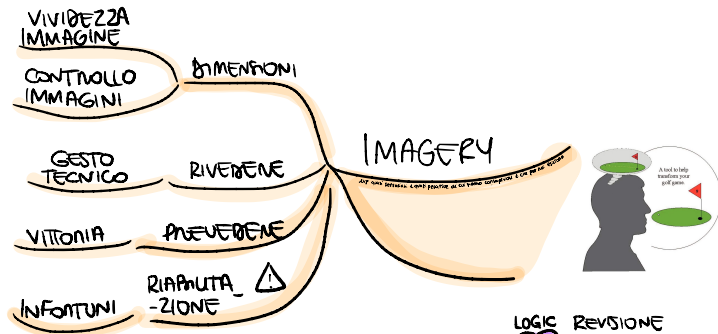
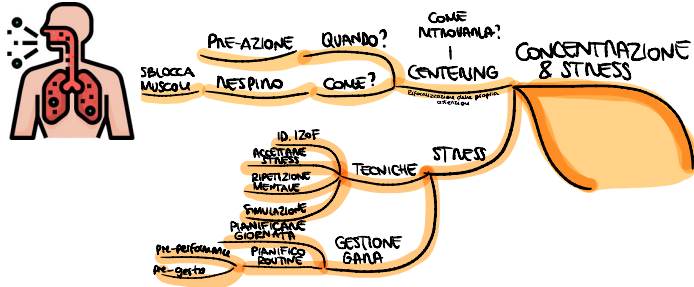
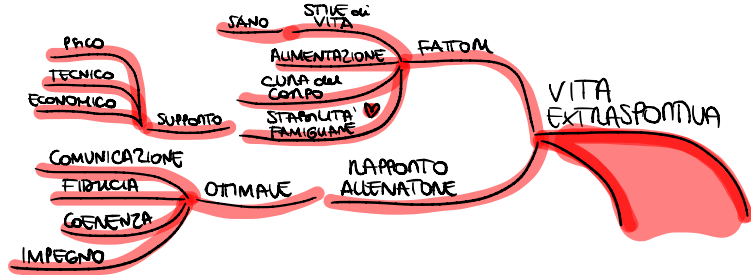
Figura 2. Reversal theory - Relazione tra livello di attivazione e tono edonico











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L' ALLENAMENTO  
MENTALE

