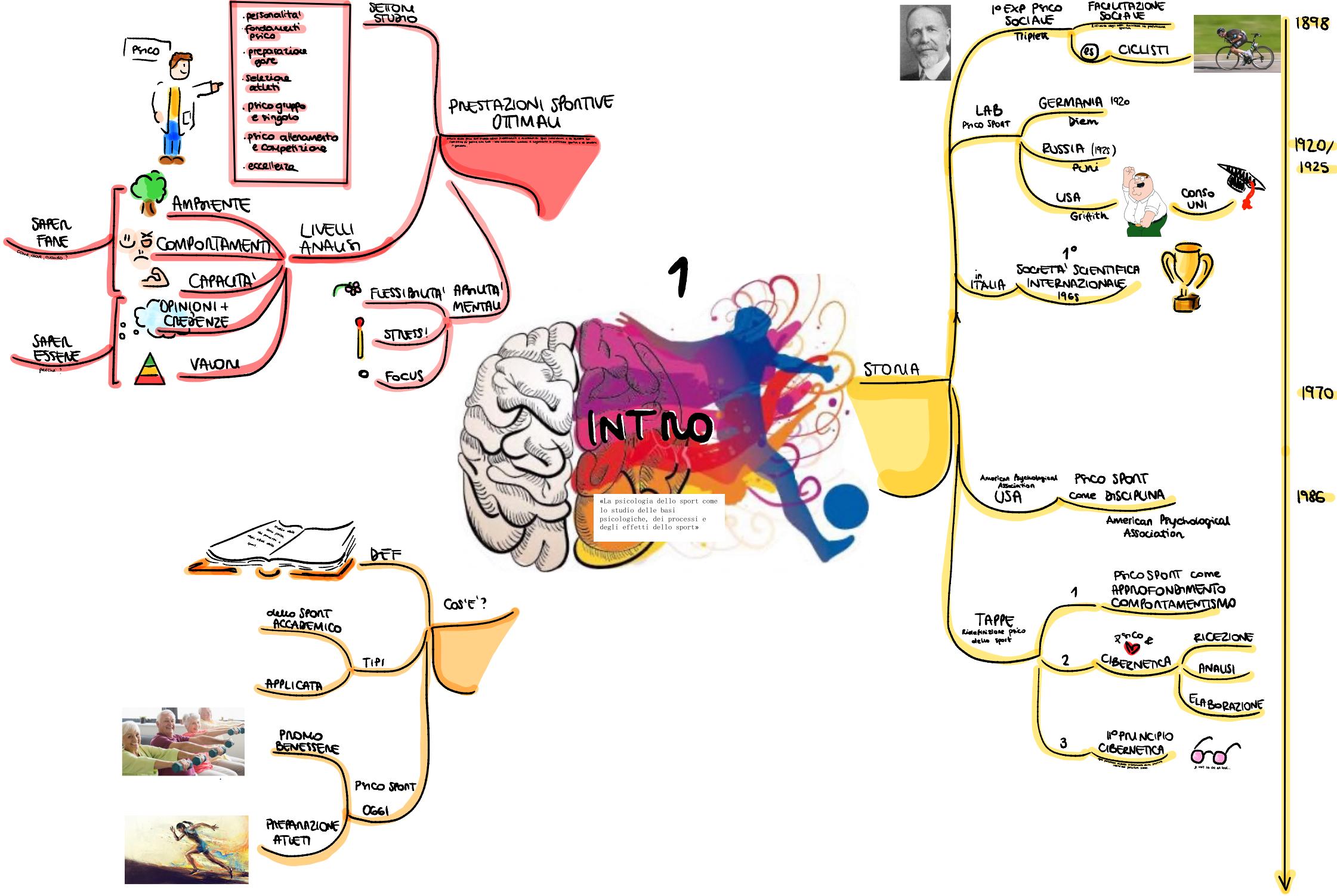


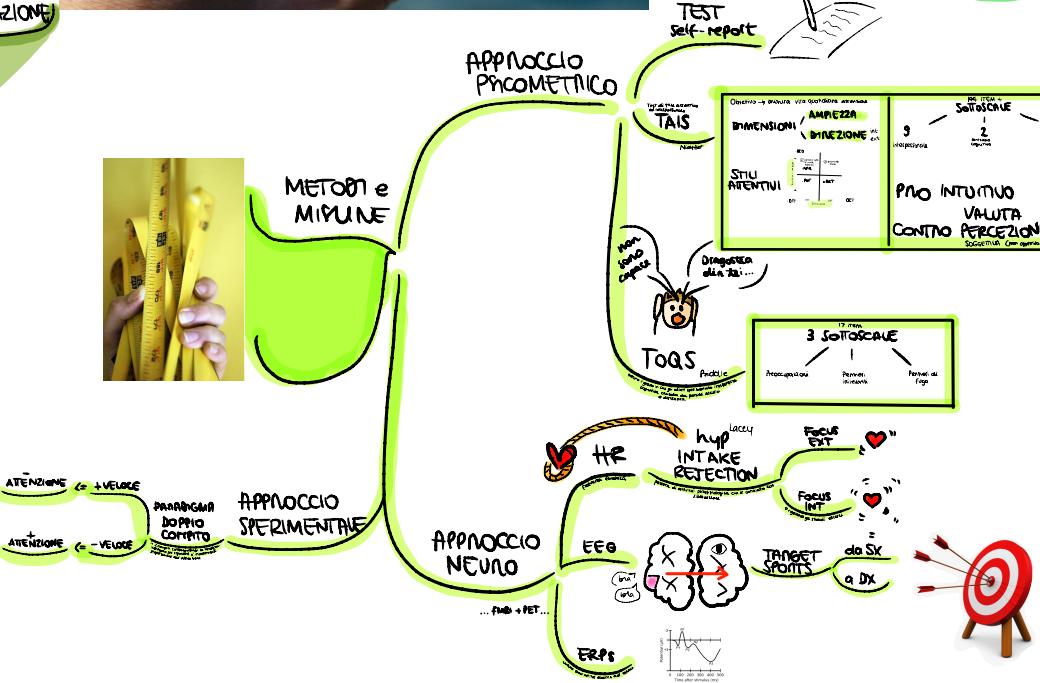
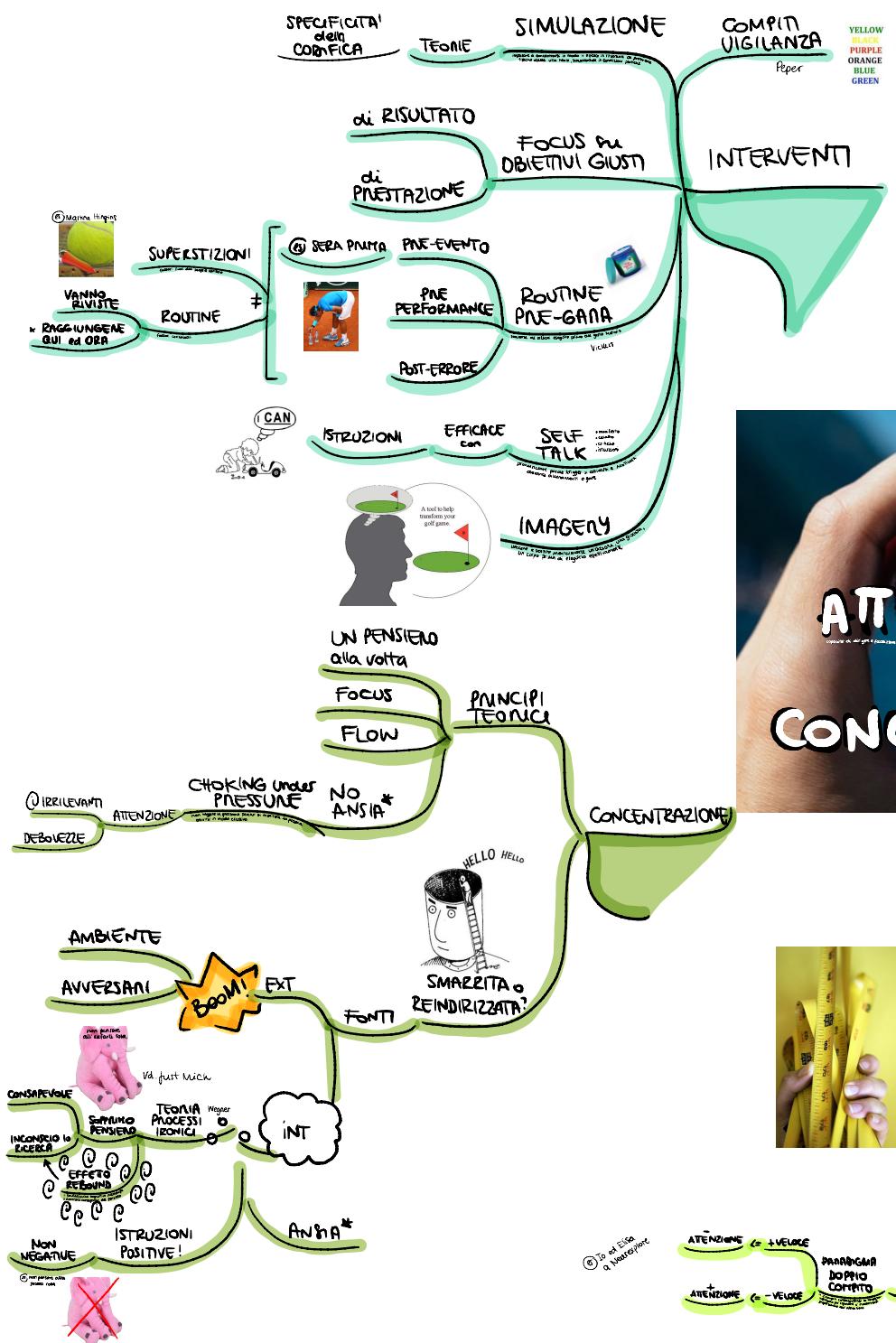
PSICOLOGIA DELLO SPORT

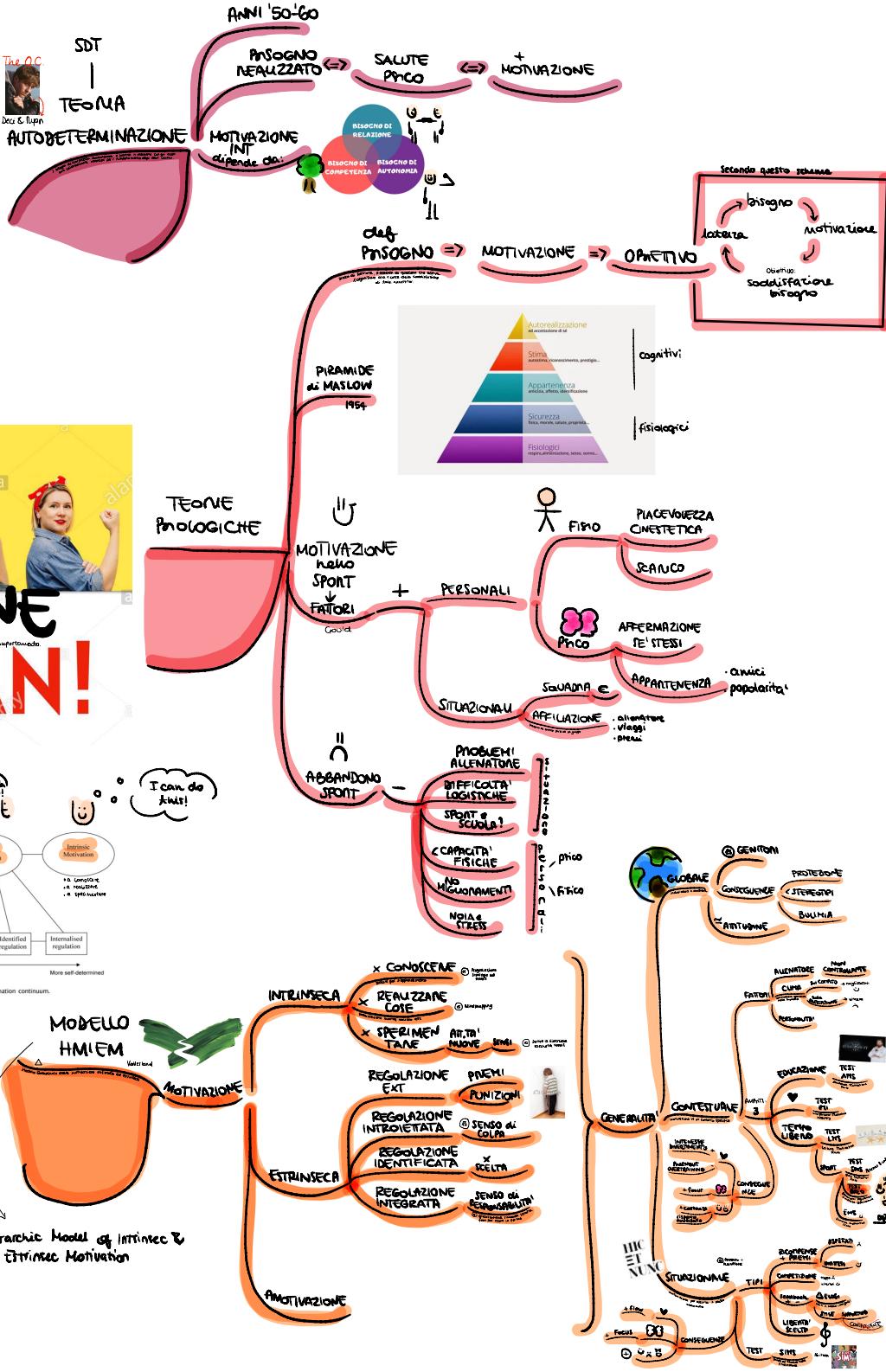
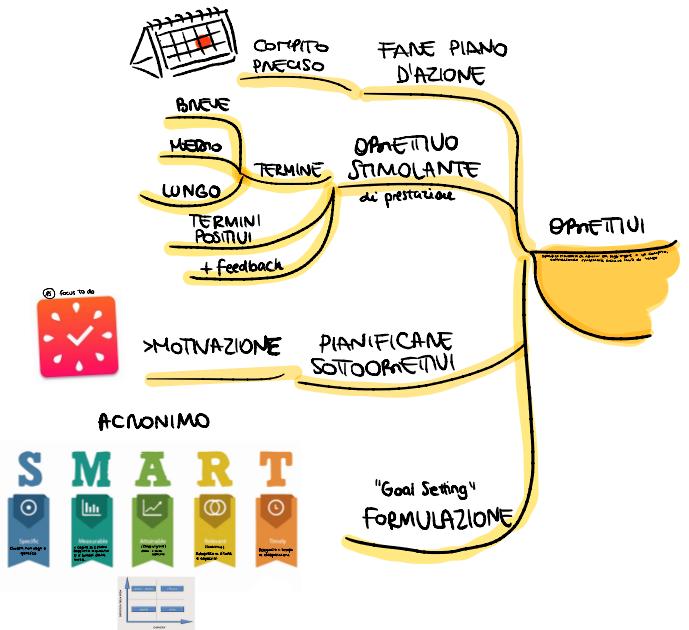
Modulo 1 – Introduzione

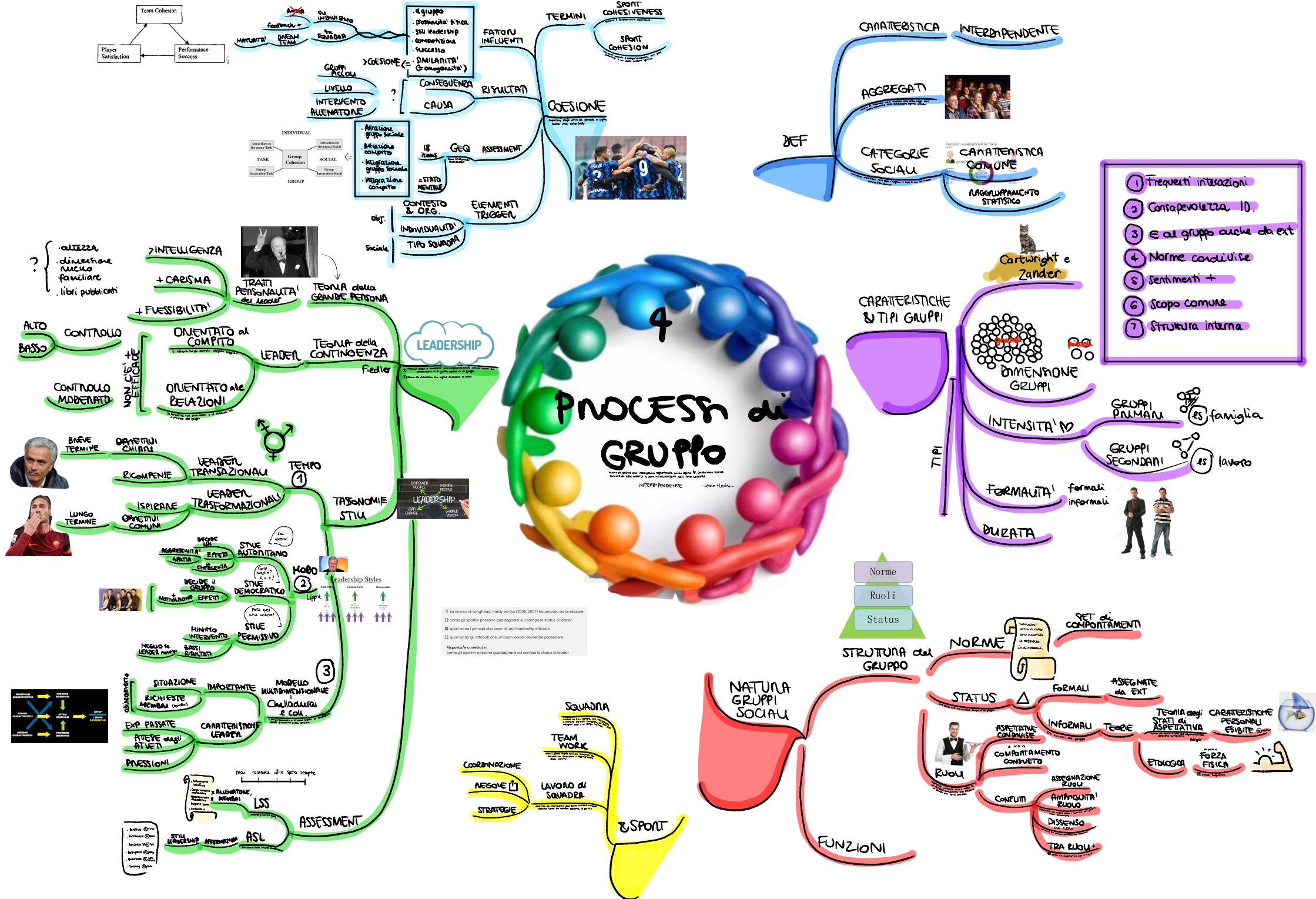
- Modulo 2 – Attenzione e concentrazione
- Modulo 3 – La motivazione nello sport
- Modulo 4 – Il gruppo ed i processi di gruppo nello sport
- Modulo 5 – Livelli di Attivazione e Prestazione sportiva
- Modulo 6 – Sport e caratteristiche di personalità
- Modulo 7 – L'autoefficacia nello sport
- Modulo 8 – L'allenamento mentale
- Modulo 9 – Un modello di prestazione: SFERA

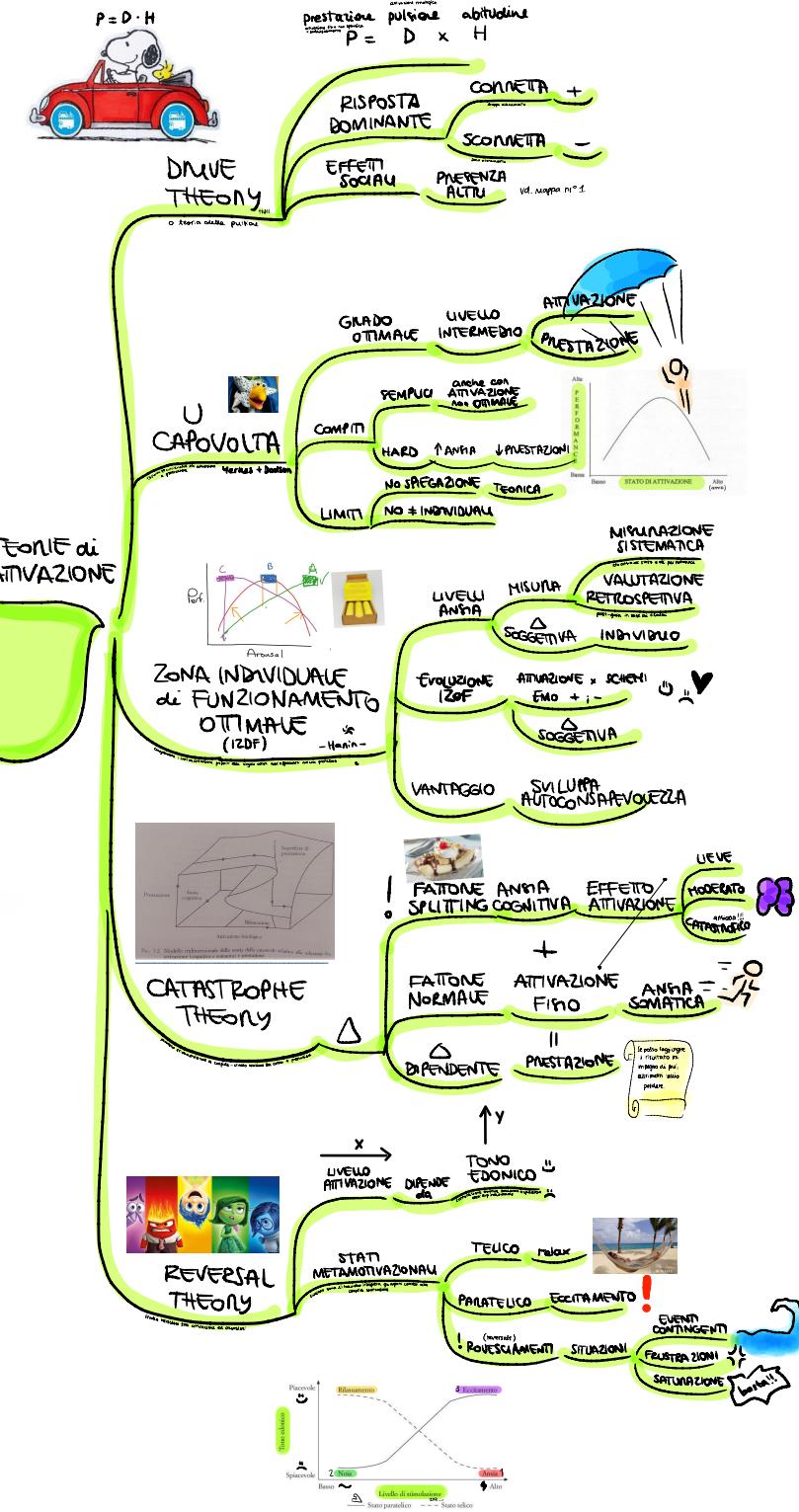
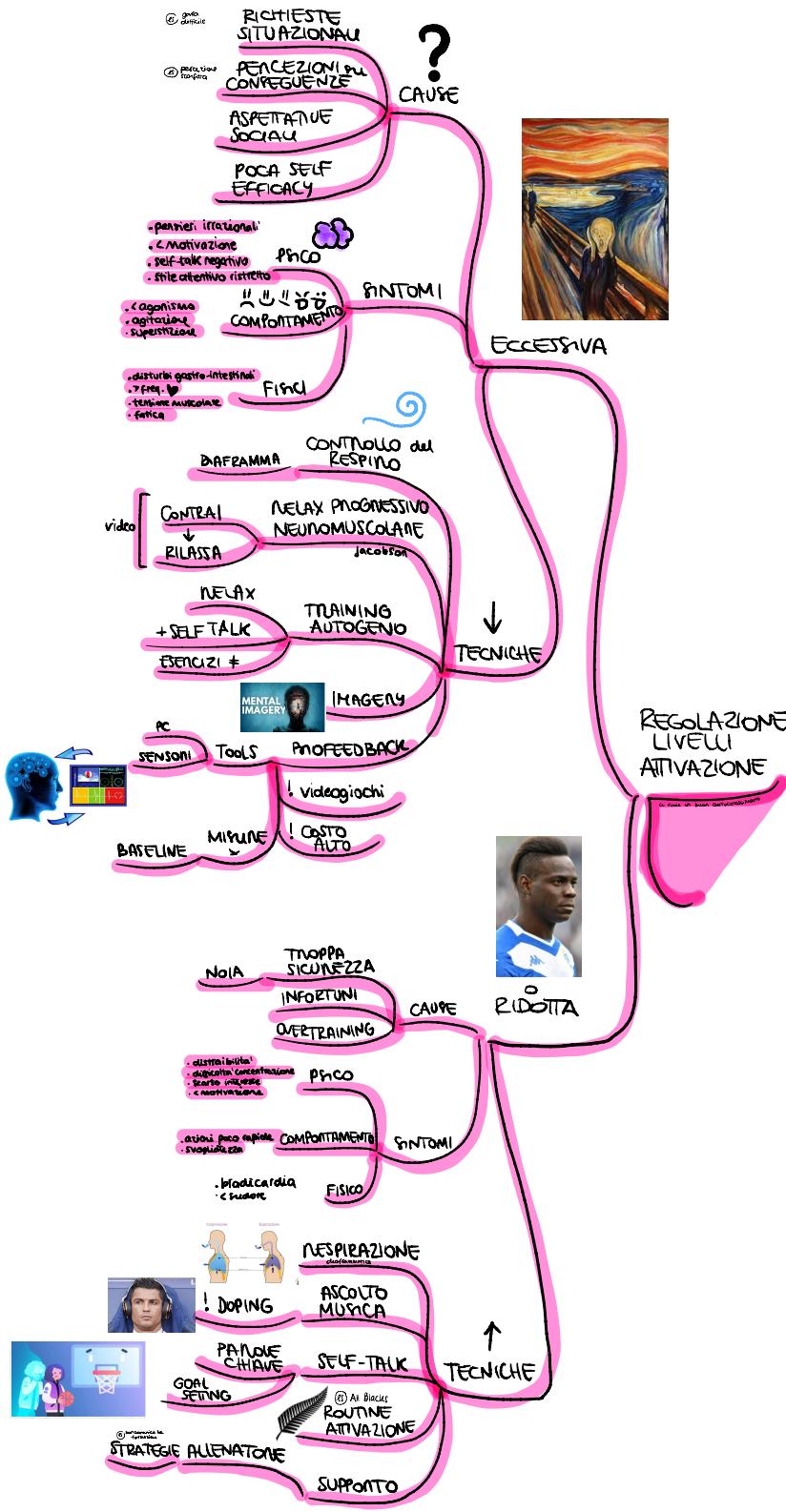


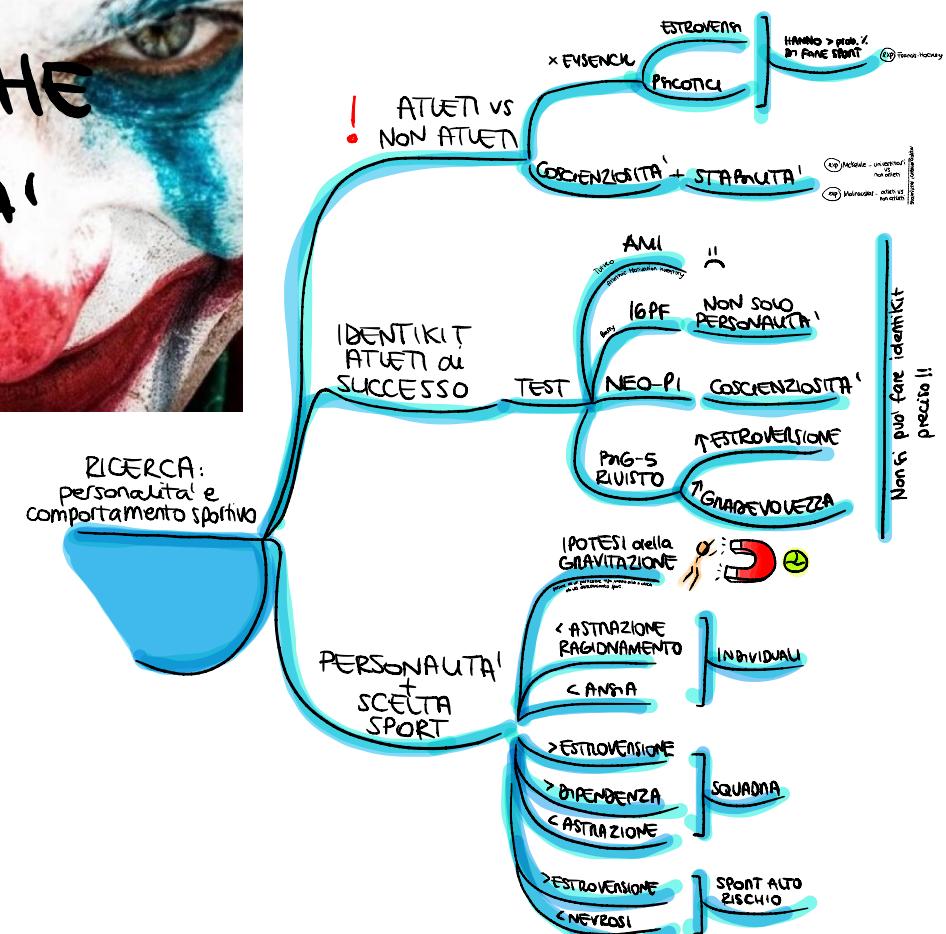
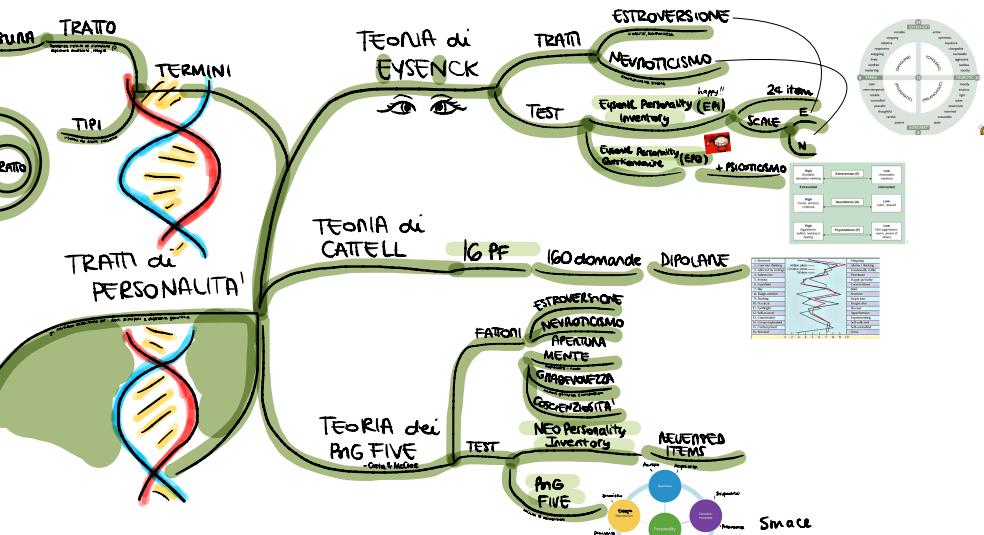
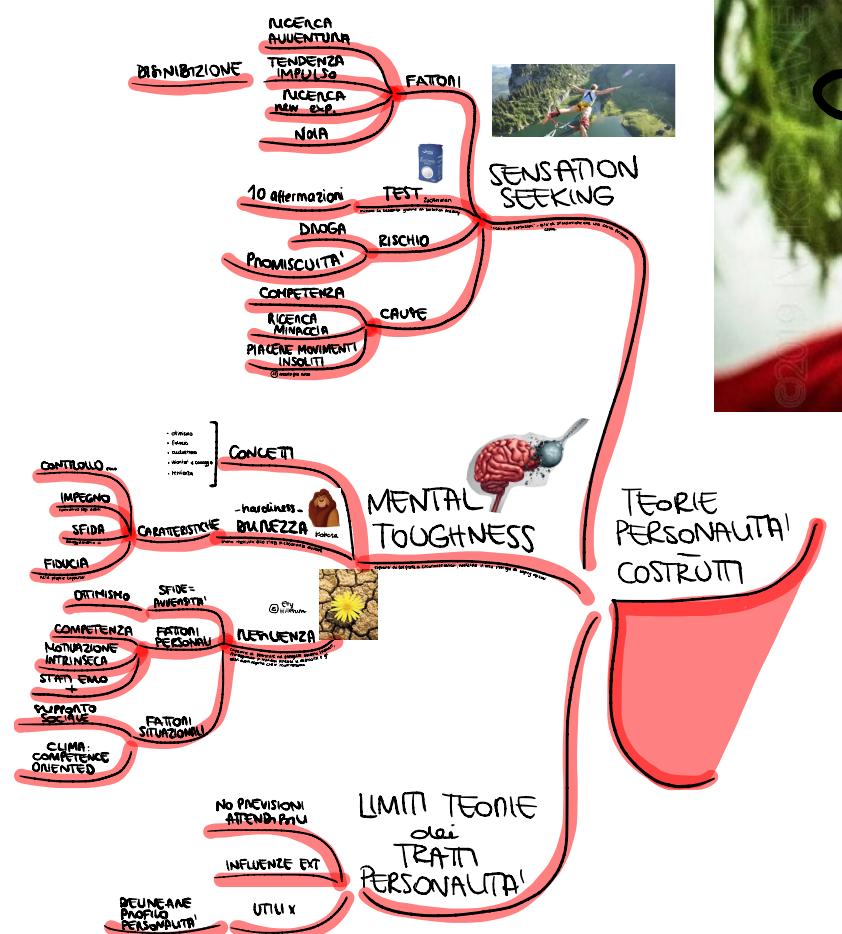
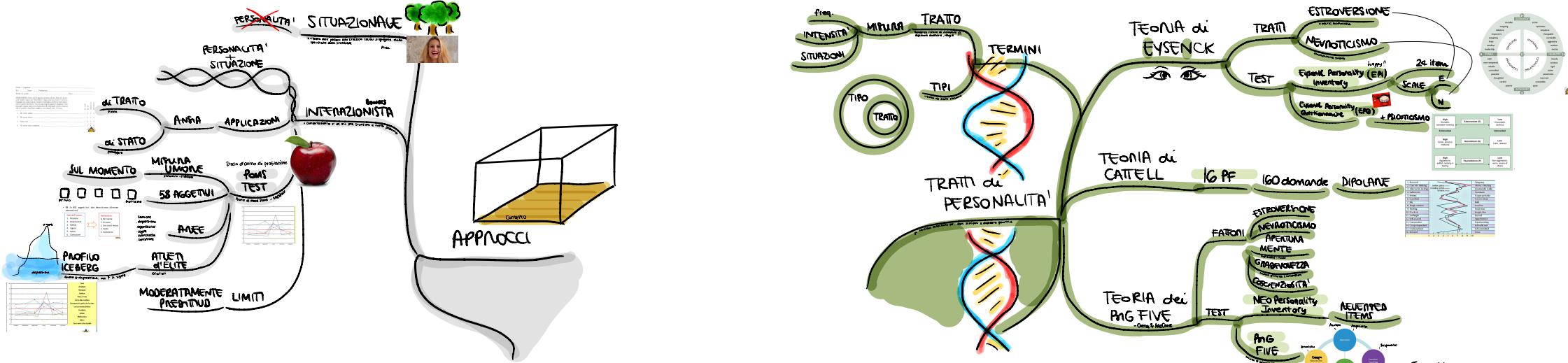


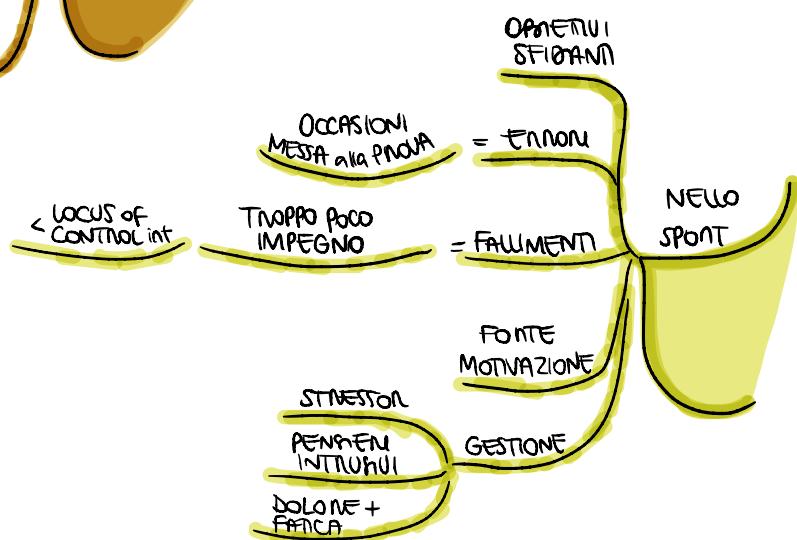
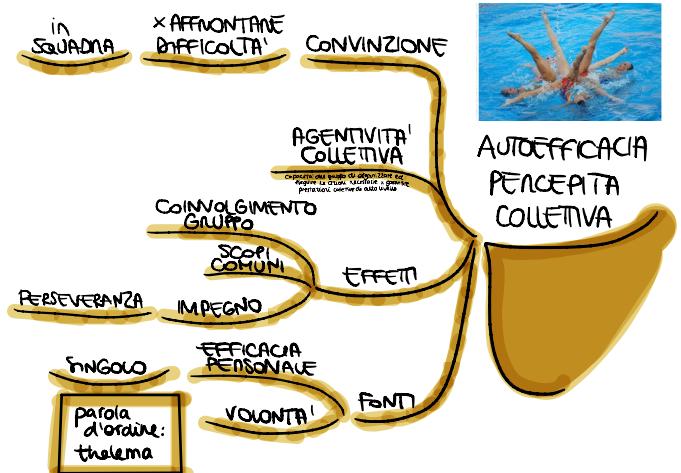
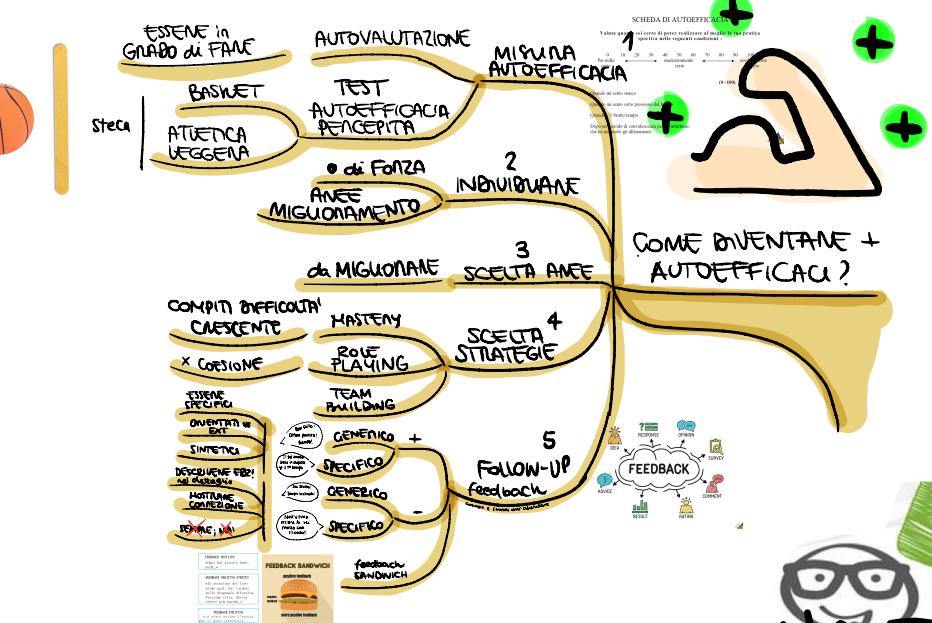








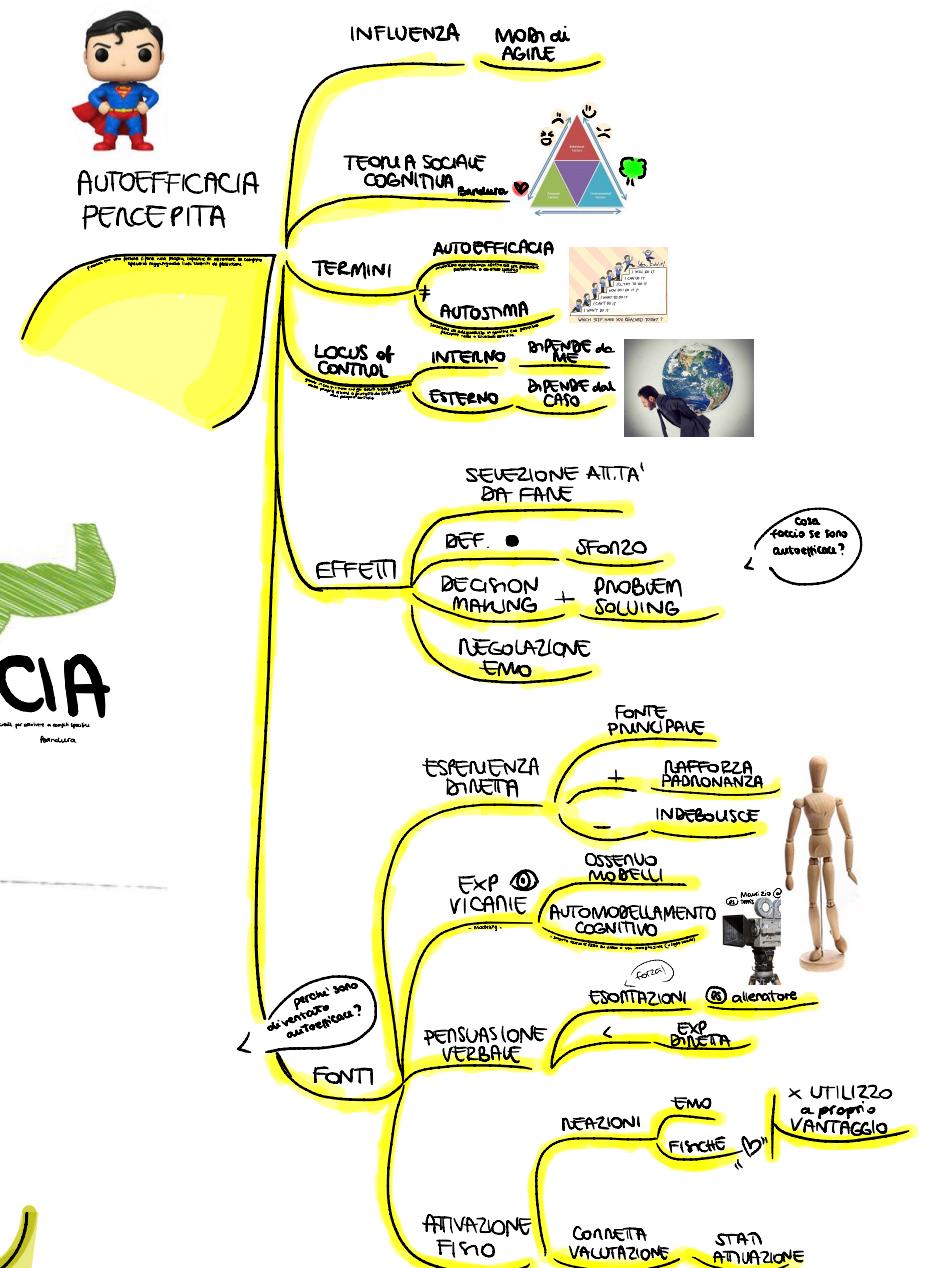


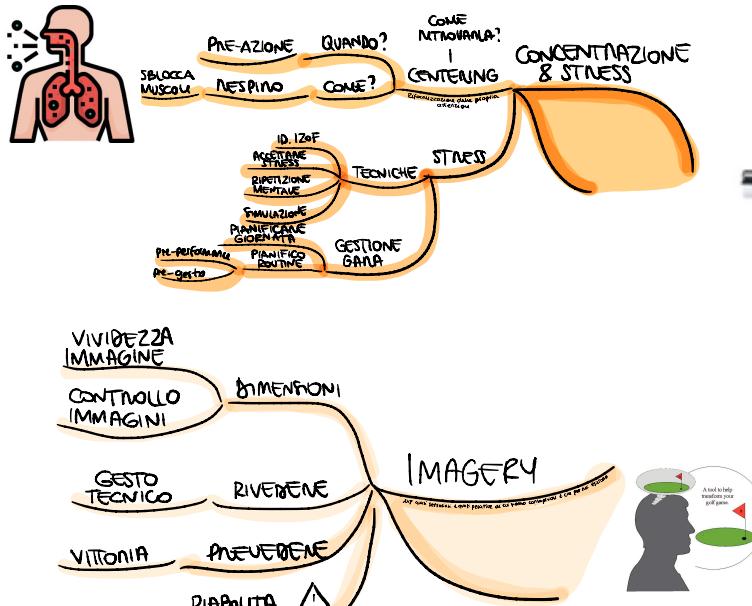




L'AUTOEFFICACIA nello SPORT

Definizione: **Sicurezza** - il senso di controllo che permette di ragionare razionalmente, di trasformare le situazioni in nuove opportunità per crescere e sviluppare.
Perfetta





8 L' ALLENAMENTO MENTALE

