



UNIVERSITÀ DI PISA



## 2<sup>nd</sup> European Seminar Sport & Exercise Psychology Under... the Leaning Tower

The intervention of Sport and exercise psychologist:  
from research to professional practice

**Pisa, 28-29-30 September 2017**

### INTRODUCTION

“Sport & Exercise Psychology Under...” is a project created and supervised by Dr Francesco Di Gruttola, which led to the event of the same name promoted by AIPS (Italian Sport and Exercise Psychology Association). It consists in a travelling European Seminar on Sport and exercise psychology themes and this second edition is organised by the University of Pisa, the city of the Leaning Tower.

European professors and researchers will discuss the role of the sport and exercise psychologist depending on age group and motor expertise, from schoolchildren to elite sport.

On 28th September, Scientific and Organising committees will greet national and international guests in a private event.

The seminar itself is structured in two days, 29th and 30th September. On the first day (29th September), keynotes, symposia, workshops and a poster session are addressed to professors, researchers, practitioners

and students of Psychology, Motor Sciences, Medicine and Physiotherapy. In the late afternoon all participants are invited to take part in a guided city tour in Pisa, followed by a social dinner awarding the best poster presentation.

The following day (30th September) participants are joined by schoolchildren aged between 10 and 18, their teachers, athletes, team managers and coaches. Practical sessions and experiences of sport and exercise psychology applied to different sports are dedicated to everyone.

The official language of the seminar is English, while on Saturday Italian sessions are provided too.

*Official page of the “Sport & Exercise Psychology Under...” project:*  
<https://www.facebook.com/sportpsyunder/>

## SCIENTIFIC COORDINATORS

<b>Laura Bortoli</b>	President of Italian Sport and Exercise Psychology Association, University of Chieti-Pescara
<b>Francesco Di Gruttola</b>	Department of Translational Research and New Technologies in Medicine and Surgery, University of Pisa, Italian Sport and Exercise Psychology Association, “Sport & Exercise Psychology Under...”
<b>Laura Sebastiani</b>	Department of Translational Research and New Technologies in Medicine and Surgery, University of Pisa

## SCIENTIFIC COMMITTEE

<b>Bargnani Alessandro</b>	AIPS
<b>Bertollo Maurizio</b>	University of Chieti-Pescara
<b>Bounous Marcella</b>	Istituto Universitario Salesiano Venezia
<b>Campanini Elena</b>	AIPS
<b>Conti Cristiana</b>	AIPS
<b>D'Angelo Chiara</b>	AIPS
<b>Di Liborio Massimiliano</b>	AIPS
<b>D'Innocenzo Giorgia</b>	Brunel University London
<b>Giacobbe Maurizio</b>	Eco-Volley: Scuola di pallavolo Carl McGown
<b>Gianfaldoni Stefano Avv.</b>	University of Pisa
<b>Gramaccioni Gianfranco</b>	University of Chieti-Pescara
<b>Guillet-Descas Emma</b>	Université Lyon 1
<b>Incognito Oriana</b>	University of Pisa
<b>Kersting Uwe</b>	Aalborg University
<b>Lucidi Fabio</b>	University of Rome “La Sapienza”
<b>Manzoni Diego</b>	University of Pisa
<b>Menardo Elisa</b>	University of Verona
<b>Mrachacz-Kersting Natalie</b>	Aalborg University
<b>Pratali Laura</b>	CNR Pisa
<b>Robazza Claudio</b>	University of Chieti-Pescara
<b>Santarcangelo Enrica</b>	University of Pisa
<b>Scotto Di Luzio Silvia</b>	Université Grenoble Alpes
<b>Sergenti Chiara</b>	AIPS
<b>Tortorelli Daniela</b>	AIPS
<b>Vitali Francesca</b>	University of Verona
<b>Wikman Johan M.</b>	University of Copenhagen
<b>Working group on Sport Psychology - Tuscany Order of Psychologists</b>	

## LOCATIONS

Thursday 28: Rettorato (Palazzo alla Giornata), Lungarno Pacinotti 43 –  
Pisa Friday 29: Massart hall, Medical school of University of Pisa, Via  
Roma 55 – Pisa Saturday 30: C.U.S. Pisa sport facilities, Via F. Chiarugi 5 –  
Pisa

## REGISTRATION

To participate it is necessary to register on the following website:  
[www.events-communication.net/sport&exercisepsychology](http://www.events-communication.net/sport&exercisepsychology) and fill the form, which allows online  
payment with credit card. Registration without fee payment will be considered invalid. No refunds  
expected.

### ***Registration from 15/05/2017 to 31/07/2017***

1. € 130,00 Regular registration (this fee includes registration to AIPS)
2. € 100,00 Reduced fee available for AIPS, ISSP, FEPSAC, University of Pisa  
Members, Tuscany schools teachers, City of Pisa residents
3. € 50,00 University student (a copy of transcript will be needed as evidence)

### ***Registration from 1/08/2017 to 15/09/2017***

1. € 155,00 Regular registration (this fee includes registration to AIPS)
2. € 125,00 Reduced fee available for AIPS, ISSP, FEPSAC, University of Pisa  
Members, Tuscany schools teachers, City of Pisa residents
3. € 65,00 University student (a copy of transcript will be needed as evidence)

### ***Registration on-site:***

1. € 180,00 Regular registration (this fee includes registration to AIPS)
2. € 150,00 Reduced fee available for AIPS, ISSP, FEPSAC, University of Pisa  
Members, Tuscany schools teachers, City of Pisa residents
3. € 80,00 University student (a copy of transcript will be needed as evidence)

## ADMINISTRATIVE OFFICE

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# \*\*\*\*\* P R O G R A M \*\*\*\*\*

## Thursday 28 September Rettorato (Palazzo alla Giornata)

- 17.15 Seminar opening and official greetings  
**Laura Sebastiani** (Department of Translational Research and New Technologies in Medicine and Surgery, University of Pisa)  
**Laura Bortoli** (AIPS President)
- 17.30 Round table: Welcome to the 2<sup>nd</sup> European Seminar “Sport & Exercise Psychology under...the Leaning Tower”.  
*Seminar presentation by **Francesco Di Gruttola** (University of Pisa, “Sport & Exercise Psychology Under...”)*  
Guests: **Francesca Vitali, Silvia Scotto Di Luzio, Giorgia D'Innocenzo, Claudio Robazza, Maurizio Bertollo, Laura Bortoli, Francesco Di Gruttola, Marcella Bounous, Maurizio Giacobbe, Johan M. Wikman, Natalie Mrachacz-Kersting, Emma Guillet-Descas, Viviana Pistolessi, Simona Pecchioli**
- 19.00 Conclusion

## Friday 29 September Massart hall, Medical school - University of Pisa

### 1<sup>st</sup> day academic European Seminar PSYCHOLOGICAL TRAINING FROM CHILDHOOD TO ELITE LEVEL: FROM RESEARCH TO EVERYDAY PRACTICE

- 8.00 Participants registration
- 8.30 Official greetings  
**Laura Bortoli** (AIPS President)  
**Francesco Di Gruttola** (University of Pisa, “Sport & Exercise Psychology Under...”)  
**Laura Sebastiani** (University of Pisa)  
**Maurizio Bertollo** (University of Chieti-Pescara, FEPSAC member)  
**Fabio Lucidi** (University of Rome “La Sapienza”, ISSP Member)  
**Cristiana Conti** (ENYSSP)  
**Viviana Pistolessi** (Psychology Order of Tuscany)

*Chairs: Laura Sebastiani, Francesco Di Gruttola, Laura Bortoli*

- 08.50 Keynote 1: The multi-action plan (MAP): a mental preparation model  
**Claudio Robazza, Maurizio Bertollo**
- 09.25 Workshop: Practical experience on using MAP model  
**Maurizio Bertollo, Claudio Robazza**
- 10.25 Coffee break
- 10.35 Keynote 2: Developing an evidence based mental training program for young elite athletes  
**Johan M. Wikman**

- 11.10 Symposium: Sport and exercise psychologist intervention from childhood to adolescence
- The role of the sport and exercise psychologist in childhood and adolescence  
**Laura Bortoli**
  - Motivation to sport and exercise from childhood to adolescence  
**Francesca Vitali**
  - Applying scientific methods in volleyball training  
**Maurizio Giacobbe**
  - The Sport Sense of Community in adolescence: Theoretical conceptualization and practical implications  
**Silvia Scotto Di Luzio**
- 12.20 Lunch
- 13.30 Poster session 1 (n.9 poster presentations)
- 14.45 Keynote 3: Burnout in young athletes  
**Emma Guillet-Descas**
- 15.20 Special focus 1: Towards a professional figure of the sport and exercise psychologist  
**Viviana Pistolesi, Simona Pecchioli**
- 15.40 Special focus 2: Motor imagery ability and gaze modulate corticospinal excitability during action observation  
**Giorgia D'Innocenzo**
- 16.00 Special focus 3  
**Uwe Kersting**
- 16.20 Coffee break
- 16.30 Poster Session 2 (n.9 poster presentations)
- 17.45 Keynote 4: Using Brain Computer Interface in athlete's physical and mental training  
**Natalie Mrachacz-Kersting**
- 18.20 Workshop: Practical experience on using BCI  
**Natalie Mrachacz-Kersting**
- 19.20 Scenic tour through Pisa history, places and culture
- 20.30 Social dinner and best poster award

**Saturday 30 September**  
**C.U.S. Pisa sport facilities**

**2nd day educational European Seminar**  
**THE INTERVENTION OF SPORT AND EXERCISE PSYCHOLOGIST**  
**IN PSYCHOLOGICAL AND MOTOR DEVELOPMENT**

- 8.00 Participants registration
- 8.30 Official greetings  
**Laura Sebastiani** (University of Pisa)  
**Maria Luisa Chiofalo** (Councilor of the City of Pisa with competences on educational policies, promotion of digital technologies for education, gender policies, citizenship values and culture of legality)
- 8.45 Aikido Sogobudo Cecina Exhibition.  
Special Guest : Keiko Wakabayashi Sensei, 8<sup>^</sup> Dan Sogobudo
- 9.05 Using martial arts as intervention against bullying, both for aggressors and victims  
**Francesco Di Gruttola**  
*Special Guest Giulia Quintavalle, Judo Olympic Gold in Pechino 2008*
- Ore 09.50-10.50 Activity 1
- Ore 11.05-12.05 Activity 2
- Ore 12.20-13.20 Activity 3
- Ore 13.20 Final recap and questionnaire
- Ore 13.35 Conclusion

**ACTIVITIES** (to be chosen by each school):

<b>LYON STAND</b>	How to prevent drop-out in young athletes	<b>Emma Guillet-Descas</b>
<b>LONDON STAND</b>	Using action observation and motor imagery in mental	<b>Giorgia D'Innocenzo</b>
<b>COPENHAGEN STAND</b>	Goal setting in sport	<b>Johan M. Wikman</b>
<b>STAND ECO-VOLLEY</b>	Applying scientific teaching methods to volleyball	<b>Maurizio Giacobbe, Sara Orazzini</b>
<b>STAND FIRENZE</b>	Body perception: basic exercises for sport	<b>Raffaele Bini, Enrico Compiani, Francesca Denaro, Giovanna Di Bartolo, Simona Pecchioli, Alessandra Piantini, Viviana Pistolesi, Maria Sansone,</b>
<b>STAND CECINA</b>	Using martial arts as intervention against bullying	<b>Aikido Sogobudo Cecina e Kodokan Judo Cecina. Masters: Keiko Wakabayashi Sensei e Renato Cantini Sensei.</b>
<b>AALBORG STAND</b>	How to use technology to train our body and our mind	<b>Natalie Mrachacz-Kersting</b>
<b>VENICE STAND</b>	Biofeedback lab: Knowing our physiological markers	<b>Marcella Bounous</b>


**FACULTY**

Bertollo Maurizio	University of Chieti-Pescara
Bortoli Laura	University of Chieti-Pescara
Bounous Marcella	Istituto Universitario Salesiano, Venezia Mestre
Di Gruttola Francesco	University of Pisa
D'Innocenzo Giorgia	Brunel University London
Dojo Keiko Wakabayashi Sensei	Dojo Aikido Sogobuto Cecina
Giacobbe Maurizio	Eco-Volley: Carl McGown Volleyball school
Guillet-Descas Emma	Université Lyon 1
Mrachacz-Kersting Natalie	Aalborg University
Orazzini Sara	Volleyball Cascina
Pecchioli Simona	Working group on Sport Psychology Tuscany Order of Psychologists
Pistolesi Viviana	Working group on Sport Psychology Tuscany Order of Psychologists
Robazza Claudio	University of Chieti-Pescara
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Sebastiani Laura	University of Pisa
Vitali Francesca	University of Verona
Wikman Johan M.	University of Copenhagen

WITH THE PATRONAGE OF:



*Ministero dell'Istruzione, dell'Università e della Ricerca  
Ufficio Scolastico Regionale per la Toscana*

International Society  
of Sport Psychology 

**FEPSAC**   
European Federation of Sport Psychology

  
**ENYSSP** | European  
Network of  
Young  
Specialists in  
Sport  
Psychology