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
– Slides by Francesca Vitali.

Additional bibliography

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.