

Francesca Vitali, Ph.D.

Curriculum Vitae

Francesca Vitali is currently Assistant Professor at University of Verona, Italy, where she has been for the last 8 years. She obtained her Ph.D. in Methodology of research in psychology in 2003 at the University of Genoa, Italy. She has been teaching Sport and Exercise Psychology for ten years at the Course of Bachelor in Sport Sciences, University of Genoa. In 2014 she won a Research Grant and she started collaborating with CeRISM (Centre of Research in Sport, Mountain and Health), University of Verona. She has published/in press several research articles and book chapters. Her major research agenda has been on the (1) motivational processes and prevention of youth dropout from sports. Her research has been predominately on understanding the personal and situational determinants of burnout in youth sports in the frame of the Achievement Goal Theory. Additional lines of her research are on the (2) psychosocial benefits of sport and physical activity for people with and without disabilities; (3) motivational processes in Physical Education; (4) psychological aspects in injury recovery; (5) supporting student-athlete dual career; (6) attentive strategies that optimize performance in endurance sports. She was Research Partner of the co-funded by the Erasmus+ Programme of the European Union project *Be a Winner In Elite Sport and Employment before and after athletic Retirement (B-WISER)*, concluded in December 2018. The project was aimed at optimizing the employability and employment of active and former elite athletes. Together with Federico Schena, since the academic year 2017/2018 she is the Scientific Director of the *Academic Coach* project, a peer-tutorship project offered at the students-athletes of the University of Verona. The project is promoted and implemented thanks to the coordination of the CUS Verona, the University Sports Committee of the University of Verona and ESU Verona. The project is aimed at supporting the dual career of the students-athletes of the University of Verona. Furthermore, she is currently the Editor for the *Giornale Italiano di Psicologia dello Sport* (Italian Journal of Sport Psychology), the official journal of *Associazione Italiana Psicologia dello Sport e dell'esercizio* (AIPS, Italian Association of Sport and Exercise Psychology). She chaired the *XXth AIPS 2014 National Congress* which has been held in Rovereto, Italy. She co-chaired the *XXIth AIPS 2016 National Congress* which has been held in Bologna, Italy. From 2014 to 2016 she has been the National President of *Associazione Italiana Psicologia dello Sport e dell'esercizio* (AIPS). She has been from 2002 to 2008 the Sport Psychologist of the Italian Olympic Youth National Team of Shooting. She has been the Sport psychologist of Trentino's Junior cross country skiing Team from 2012 to 2014. She collaborates as expert with several Schools of Sport of Italian National Olympic Committee (CONI). Since 2017 she is responsible of the Study Center and relations with the Universities for *Assist - Female Athletes National Association*.



ACADEMIC EDUCATION

- 2007: Summer School in *Intercultural Studies*, Institut Interculturel de Montréal (Québec, Canada).
- 2003: Ph.D. in *Research Methodology in Psychology*, University of Genoa.
- 2001-2002: Summer School in *Social Sciences Data Analysis and Collection*, University of Essex (Colchester, UK).
- 1999: Master degree in Psychology (final evaluation: 110/110), University of Bologna.

PROFESSIONAL EXPERIENCES IN SPORTS

- 2017-2019: consultancy and training assignment for the Italian Gymnastics Federation, Rugby Italian Federation, Italian Cycling Federation.
- 2014-2016: sports psychologist of the Bologna FC Football School 1909.
- 2012-2014: sports psychologist of the Trentino FISU Committee for youth cross-country skiing.
- From 2009: trainer of the Regional Schools of Sport of the Regional Committees of CONI of Abruzzo, Emilia Romagna, Liguria, Lombardy, Marche, Tuscany, Trentino, Veneto and from 2017 of the National School of Sport in Rome.
- 2007-2008: collaboration with the coach and the physical trainer of the Primavera of UC Sampdoria s.p.a.
- 2005-2008: sports psychologist of the San Marino National Team, Sammarinese Federation of Target Shooting (FSMTS).
- 2002-2008: sports psychologist of the Italian National Juniores and National Men and Women Group B, Italian Union of Target Shooting (UITS).

SPORT EXPERIENCES

- Swimming practiced since childhood and recreational diving started in 1991 (in 2000 she obtained the title of Dive Control Specialist & Assistant Instructor with the International Scuba Schools). Other sport experiences: volleyball, shooting, tennis, skiing.

RESEARCH AGENDA

- She has published/in press several research articles and book chapters.
- Her research has been predominately on understanding the personal and situational determinants of burnout in youth sports in the frame of the Achievement Goal Theory. Additional lines of her research are on the (2) psychosocial benefits of sport and physical activity for people with and without disabilities; (3) motivational

processes in Physical Education; (4) psychological aspects in injury recovery; (5) supporting student-athlete dual career; (6) attentive strategies that optimize performance in endurance sports.

- With the study Trentin, C. *, Vitali, F. *, Bellutti, A., and Schena, F. "*Motivational processes and sports volunteering in the Winter Universiade Trentino 2013*" she received the first award of the "Premio Alberto Madella for applied research in sport "of CONI's School of Sport, 2015 Edition (* The authors have contributed at the same level).
- Winner of the SIGOT (Italian Society of Geriatrics, Hospital and Territory) Award for the best abstract presented at the XXXI National SIGOT Congress, Genoa, 8-9th June 2017, with the study: Tasso, E., Vitali, F., Minetti, L., "*Adapted Physical Activity's program for empowerment and active aging in Genoa Socio-Sanitary Districts*".

SELECTION OF RECENT PUBLICATIONS

- Di Corrado, D., Guarnera, M., Vitali, F., Quartiroli, A., & Coco, M. (2019). Imagery ability of elite level athletes from individual vs. team and contact vs. no-contact sports. *PeerJ* (accepted).
- Vitali, F., Tarperi, C., Cristini, J., Rinaldi, A., Zelli, A., Lucidi, F., Schena, F., Bortoli, L., & Robazza, C. (2019). Action monitoring through external or internal focus of attention does not impair endurance performance. *Frontiers in Psychology* 10:535. DOI: 10.3389/fpsyg.2019.00535.
- Vitali, F., Robazza, C., Bortoli, L., Bertinato, L., Schena, F., & Lanza, M. (2019). Enhancing fitness, enjoyment, and physical self-efficacy in primary school children: a DEDIPAC naturalistic study. *PeerJ* 7:e6436 DOI: 10.7717/peerj.6436
- Di Battista, R., Robazza, C., Ruiz, M. C., Bertollo, M., Vitali, F., & Bortoli, L. (2018). Student's Intention to Practice Physical Activity: The Interplay of Task-involving Climate, Competence Needs Satisfaction, and Psychobiosocial States in Physical Education. *European Physical Education Review* [Epub ahead of print]. DOI: 10.1177/1356336x18770665
- Bortoli, L., Vitali, F., Di Battista, R., Ruiz, M. C., & Robazza, C. (2018). Initial validation of the Psychobiosocial States in Physical Education (PBS-SPE) scale. *Frontiers in Psychology*, 9: 2446 10.3389/fpsyg.2018.02446.
- Vitali, F., e Donati, D. (2018). Benefici delle attività motorie e sportive per la salute delle persone con disabilità. In S. Carraro (a cura di), *Alterabilità. Percezione della disabilità nei popoli. Perception of Disability among People* (pp. 41-63). (ISBN: e-book 978-88-907900-6-5).
- Rinaldo, N., Bacchi, E., Coratella, G., Vitali, F., Milanese, C., Rossi, A., Schena, F., & Lanza, M. (2017). Effects of combined aerobic-strength training vs fitness education program in COPD patients. *International Journal of Sports Medicine*, 8:1001-1008 DOI: 10.1055/s-0043-112339
- Lanza, M., Bertinato, L., Vitali F., & Schena, F. (2016). *Buoni stili di vita a scuola. Progetti territoriali da PiùSport@Scuola a DEDIPAC*. Verona: Scripta Edizioni.
- Trentin, C., Vitali, F., Bellutti, A., e Schena, F. (2016). Motivazioni e soddisfazione nell'esperienza del volontario sportivo. Uno studio sull'Universiade invernale Trentino 2013. *Scuola dello Sport*, 110, 47-54.
- Di Corrado, D., Vitali, F., Robazza, C., & Bortoli, L. (2015). Self-efficacy, emotional states, and performance in carom billiards. *Perceptual & Motor Skills*, 121, 14-25.
- Vitali, F., Bortoli, L., Bertinato, L., Robazza, C., & Schena, F. (2015). Motivational climate, resilience, and burnout in youth sport. *Sport Sciences for Health*, 11, 103-108.
- Pintonello, A., e Vitali, F. (a cura di) (2015). *Psicologia dello sport. Formazione, ricerca, consulenza*. Padova: Edizioni Libreria Universitaria.
- Bortoli, L., Bertollo, M., Vitali, F., Filho, E., & Robazza, C. (2015). The effects of motivational climate interventions on psychobiosocial states in high school physical education. *Research Quarterly for Exercise and Sport*, 86, 196-204.
- Martin, J. J., Vitali, F., & Leigh Whalen, L. (2014). Individuals with Disabilities. In A. Papaioannou & D. Hackfort (Eds.), *Routledge Companion to Sport and Exercise Psychology. Global perspectives and fundamental concepts* (pp. 105-118). London, UK: Taylor & Francis Publishers (ISBN: 1848721285).
- Bortoli, L., Vitali, F., e Robazza, C. (2013). Lo psicologo dello sport: considerazioni sulla professionalità. *Giornale Italiano di Psicologia dello Sport*, 18, 3-7.
- Vitali, F., Bortoli, L., Robazza, C., Bertinato, L., & Schena, F. (2013). Post-traumatic symptoms, resilience, and enjoyment of physical activity in children exposed to the 2012 earthquake in Emilia. *The Journal of Sports Medicine and Physical Fitness*, 9, 123-124.
- Martin, J. J., & Vitali, F. (2013). Disability and Sport. In R. C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (pp. 209-212). Thousand Oaks, CA: SAGE (ISBN: 1452203830).

✉ francesca.vitali@univr.it
🌐 www.dsnm.univr.it/?ent=persona&id=8239&lang=it
🐦 https://twitter.com/vitalifr
🌐 www.linkedin.com/in/francesca-vitali
R^g researchgate.net/profile/Francesca_Vitali5

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