



## **PROGRAM**

### **1<sup>^</sup> European Seminar “Sport & Exercise Psychology Under the Leaning Tower”**

*“The contribution of motor imagery and action observation on sports performance: between theory and practice”*

*Pisa, 4-5 March 2016*

*With the patronage of: Comune di Pisa, Università di Pisa, CUSI, CONI Toscana, Associazione Italiana Psicologia dello Sport, International Society of Sport Psychology.*

*The event is in the calendar of "Pisa European City of Sport 2016" (ACES)" and in the process of accreditation for the release of ECM credits.*

#### **PRESENTATION**

The seminar will touch many arguments in sport and physical exercise Psychology. In particular, it will intervene some of the most prominent academics on motor imagery and action observation topics. These are keys areas for the intervention of the expert in sport psychology to enhance mental abilities of the subjects involved, at various levels and in different age groups.

The seminar is organized in two days. The first (March the 4<sup>th</sup>) will be dedicated to professors, researchers, professionals and university students in Psychology, Motor Sciences, Medicine and Physiotherapy through keynotes, poster sessions and frontal lessons. The day after (March the 5<sup>th</sup>), also open to the just mentioned figures, will be addressed to the middle and high school students, their physical education professors, athletes, sports managers and coaches with practical and experiential demonstrations in sport and physical exercise Psychology applied to different sports. Finally, the day before the seminar (March the 3<sup>rd</sup>), it will be a meeting whose participation is not on registration, but only by invitation, in which national and international guests and PhD students will open a debate in the form of a round table on the topics that will be addressed later in the seminar.

*(The titles of the sessions, the timetables and the program presented here are subject to changes)*

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#### **Thursday, March the 3<sup>rd</sup> 2016 - Rettorato (Palazzo alla Giornata), Lungarno Pacinotti, n.43**

Round table (**meeting accessible only by invitation**): **“Evidence-based assessment and mental training of motor imagery and action observation: from research to private practice”**.

Official language of the day: **English**

Speakers: Prof. Francesca Vitali (University of Verona), Prof. Jörn Munzert and Dr. Fabian Helm (Justus Liebig-Universität Gießen), Dr. Ursula Debarnot (Université de Genève), Dr. Daniel Bishop and Giorgia D'Innocenzo (PhD Student) (Brunel University London), Prof. Aymeric Guillot (University of Lyon 1), Prof. Fabio Lucidi (“La Sapienza” University of Rome), Prof. Angelo Gemignani, Dr. Emiliano Ricciardi, Francesco Di Gruttola (PhD Student, University of Pisa) and interested PhD Students of University of Pisa and Florence

17:00 Opening and institutional greetings

17:15 Beginning of the round table

19:45 Conclusion of the round table

**Friday, March the 4<sup>th</sup> 2016 – Polo Carmignani, Piazza dei Cavalieri**

European academic seminar: *"Observe and imagine the movements: train the body training the mind."*

Official language of the day: **English**

Participants: **Professors, researchers, professionals and university students in Psychology, Motor Sciences, Medicine and Physiotherapy**

8:30-8:50 Registration of the participants

8:50 Opening and institutional greetings

9:00 *"How to prevent dropout in youth sport: the effects of motivational climate, resilience, and perceived competence"*

- Prof. Francesca Vitali (Università di Verona)

9:40 *"Nutritional supplement and doping use in sport: Possible underlying social cognitive processes"* - Prof. Fabio

Lucidi (Università di Roma - "La Sapienza")

10:20 *"The role of Motor Imagery in Sport"* - Prof. Aymeric Guillot (Université Claude Bernard Lyon 1)

11:00 Coffee break

11:20 *"Sleep and physical exercise"* - Prof. Angelo Gemignani (Università di Pisa)

12:00 *"Learning and consolidation of procedural memory with motor imagery"* - Dott.ssa Ursula Debarnot (University of Geneva)

12:40 *"Multivariate approaches in brain imaging: from motor encoding to action representation decoding"* - Dott. Emiliano Ricciardi (Università di Pisa)

13:20 Lunch break (in partner restaurants with concessionary fare)

14:30 Poster Session

15:10 *"Mental simulation of action – the case of motor imagery and observation"* - Prof. Jörn Munzert (Justus Liebig-Universität Gießen)

15:50 *"Manipulation of attention to maximise information pickup"* - Dott. Daniel Bishop e Dott.ssa Giorgia D'Innocenzo (Brunel University Londra)

16:30 Coffee break

16:50 *"Motor imagery: from neuropsychophysiological assessment to mental training in sport Psychology"* - Dott.

Francesco Di Gruttola (Università di Pisa)

17:30 *"Perception and Action during Complex Movement Interactions"* - Dott. Fabian Helm (Justus Liebig-Universität Gießen)

18:10 Conclusion of the seminar

18:15-18:45 Completing the ECM questionnaire by the professionals present to the seminar

20:30 Social dinner and Best Poster Award

**Saturday, March the 5<sup>th</sup> 2016 - Impianti sportivi C.U.S. Pisa, Via F. Chirugi, n.5**

European popularizing seminar: *"The sport and physical exercise Psychologist intervention in motor and psychological development"*.

Official language of the day: **English and Italian**

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The seminar will involve middle and high school students, teachers, athletes, sports managers and coaches in addition to the participants of the previous days.

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8:30-9:00 Welcoming of the participants

9:00 Exhibition of Sogobudo by the Dojo Keiko Wakabayashi Sensei (8<sup>^</sup> Dan Nihon Budo Kenshyu, 5<sup>^</sup> Dan Aikido, 3<sup>^</sup> Dan Judo).

9:30 *“The professions of sport and exercise psychology in Italy”* - Dr. Francesca Vitali (Verona).

10:10 *“Train the mental abilities and the life skills in childhood and adolescence with sport”* - Francesco Di Gruttola (Pisa)

10:50 Break

11:00 – 13.00 *Parallel sessions:*

*Stand Germany* - Prof. Jörn Munzert and Fabian Helm (Giessen): *“What is Motor Imagery and how it is measured”*.

*Stand England* – Dr. Daniel Bishop and Giorgia D'Innocenzo (London): *“The use of eye tracking in sport”*.

*Stand Switzerland* – Dr. Ursula Debarnot (Geneva): *“Sleep and mental training learning”*.

*Stand Pisa* - Francesco Di Gruttola and Dojo Keiko Wakabayashi Sensei: *“Life skills training with martial arts”*.

*Stand Torino* - Dott. Tommaso Iozzo: *“Procedure of ideomotor training for the correction of automatize technical gestures in tennis, through the use of the SPECULUM 10220 software”*.

*Stand Verona* – Dr. Francesca Vitali: *“Motivation to physical exercise”*.

13:00 – Conclusion.

## **GENERAL INFORMATION**

*The seminar will be divided in two "days" for those who pay the fee, the Friday and the Saturday. It will be addressed to the analysis of the main aspects of sport and physical exercise Psychology through the deepening of the most interesting thematic areas deemed to be of particular scientific and applied interest. The sessions will be held by speakers of proven scientific and practical knowledge. The round table on Thursday will be accessible only by the invitation of the Scientific Committee.*

*The events will be held at the facilities of CUS Pisa or the University of Pisa, according to the above schedule.*

*The course attenders will receive a certificate of participation.*

*The management of the seminar reserves the unquestionable right to decide, for whatever reason, the cancellation of the event before its opening: in this case, the Organizing Committee of the Seminar will communicate the notification of cancellation of the course to those who have applied and arrange for the return of the registration fee paid.*

### **FEES**

*The participation fee will be fixed for a total of € 100,00 for the days of Friday the 4<sup>th</sup> and Saturday the 5<sup>th</sup> March 2016. For C.U.S. Pisa Members in order with the payment of the social quotas and those who are in good standing with the enrollment for the current sports season, the course fee amounts to € 85,00.*

*On the evening of Friday 4<sup>th</sup> March 2016 there will be a dinner at which are invited the speakers and all the participants of the Seminar. In this occasion, it will be held the awarding of the best poster. For those who may be concerned, the cost of the dinner will be € 25,00, to be paid simultaneously with the payment of the participation fee (for a total of € 125,00, reduced to € 110,00 for associates and members of CUS, as specified above). The lunch of Friday is not included in the fee: the participants who request it at the time of the application can take advantage of partner restaurants at a special rate (fixed menu of € 10,00 to be paid directly at the participating restaurants).*

*The payment will be made exclusively by bank transfer starting from the 18<sup>th</sup> December 2015, specifying in the causal "name-surname – Sport Psychology Seminar CUS Pisa fee" to the Bank Account payable to Centro Universitario Sportivo (C.U.S.) Pisa A.s.d. Tax Code/VAT number 80004090504, VAT number 00678080508, opened at BANCO POPOLARE SOCIETA COOPERATIVA, IBAN IT83S0503414024000000121872.*

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## **ENROLLMENT PROCEDURES**

Those interested should fill in the application form according to the module available at the website [www.cuspisa.it/eventi/seminario-sulla-psicologia-dello-sport.html](http://www.cuspisa.it/eventi/seminario-sulla-psicologia-dello-sport.html). The copy of the application must be sent by email ([centrostudi@cuspisa.it](mailto:centrostudi@cuspisa.it)) at the Organizing Committee of the Seminar no later than the **16<sup>th</sup> February 2016**, together with the copy of the fee payment receipt. The registration may be allowed after the deadline only according to the limits of available places remained. The entries can be formalized for all applicants also on site the day of the congress, at a cost of Euro 120,00, plus the eventual quote for the dinner of Friday. The registration will be completed only by sending an e-mail to [centrostudi@cuspisa.it](mailto:centrostudi@cuspisa.it) enclosing both the pre-registration form fully completed and available on the website [www.cuspisa.it](http://www.cuspisa.it), and the copy of the bank transfer receipt. The confirmation of admission will be forwarded by e-mail during the week following the expiration date of February the 16<sup>th</sup> 2016.

More information will be available on the website [www.cuspisa.it](http://www.cuspisa.it) in the upcoming days to the starting date of registrations.

## **CALL FOR ABSTRACT**

There will be two Poster sessions during the seminar. The best poster evaluated by the Scientific Committee of the Seminar will receive a cash prize. On the website of the seminar ([www.cuspisa.it/eventi/seminario-sulla-psicologia-dello-sport.html](http://www.cuspisa.it/eventi/seminario-sulla-psicologia-dello-sport.html)) you will find the abstract form in Word format to fill in and all the editorial informations. The abstract form must be written in English and sent by email to [centrostudi@cuspisa.it](mailto:centrostudi@cuspisa.it) no later than the **16<sup>th</sup> February 2016**. The research, basic or applied, should cover the issues of Motor Imagery and / or Action Observation in the field of sport, exercise and / or rehabilitation. The abstracts considered suitable by the Scientific Committee will be presented by the corresponding author in the form of Poster, with the maximum size of 90 cm (width) x 120 cm (height).

## **AGREEMENTS**

The direction of the seminar may activate some agreements with restaurants and hotels, with special fares addressed only to the participants. The direction will communicate these news on the CUS Pisa's website ([www.cuspisa.it](http://www.cuspisa.it)) in the page dedicated to the seminar.

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## **SCIENTIFIC COMMITTEE**

Francesco Di Gruttola (Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa), Dr. Lorenza Pratali (Scientific Committee Coordinator of CUS Pisa's Study Center and Institute of Clinical Physiology, CNR, Pisa), Dr. Laura Sebastiani (Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa).

## **INTERNATIONAL SCIENTIFIC COMMITTEE**

Dr. Daniel Bishop (Brunel University London), Francesco Di Gruttola (Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa), Prof. Aymeric Guillot (University of Lyon 1), Prof. Fabio Lucidi ("La Sapienza" University of Rome), Prof. Jörn Munzert (Justus Liebig-Universität Gießen), Dr. Lorenza Pratali (Scientific Committee Coordinator of CUS Pisa's Study Center and Institute of Clinical Physiology, CNR, Pisa), Dr. Emiliano Ricciardi (Dept. of Surgery, Medical, Molecular, and Critical Area Pathology, University of Pisa), Prof. Enrica Santarcangelo (Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa), Dr. Laura Sebastiani (Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa).

## **ORGANIZING COMMITTEE**

Avv. Stefano Gianfaldoni (Coordinatore generale Centro Studi CUS Pisa), Dr. Rosario La Spina (Segretario Generale CUS Pisa), Francesco Di Gruttola, Oriana Incognito, Elisa Menardo (by Sport Psychology Onward Research Team, Dept. of Translational Research and New Technologies in Medicine and Surgery, University of Pisa), Dario Menicagli (Dept. of Surgery, Medical, Molecular, and Critical Area Pathology, University of Pisa), Rag. Marco Marchetti (Centro Studi CUS Pisa), Prof. Angelo Urzi (Centro Studi CUS Pisa), Dr. Ing. Fabrizio Vecchi (Centro Studi CUS Pisa), Giovanni Natta (Responsible of Back Office CUS Pisa), Ilaria Masoni (CUS Pisa), Ilaria Tuci (CUS Pisa).