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| Education | **General Psychology** |
| Level and course of study | Degree course in Motor Sciences (Bachelor's degree program – Class L-22) |
| Disciplinary scientific field/ sector (SSD) | M-PS/01 |
| Course year | 1 |
| Academic year | 2024-2025 |
| Total number of credits | 10 CFU |
| Propaedeuticities | None |
| Lecturer | **Lorenzo Campedelli - Ettore D’aleo**  Degree course in Motor Sciences L-19  Nickname: lorenzo.campedelli  Email: [lorenzo.compedelli@unicusano.it](mailto:lorenzo.compedelli@unicusano.it) [ettore.daleo@unicusano.it](mailto:ettore.daleo@unicusano.it)  Reception hours: consult the calendar by checking the Videoconference times |
| Presentation | The course aims to provide the student with knowledge of the different axes that constitute General Psychology, from the birth of psychology, to the main theoretical models and the study of application projects of this branch of psychology. Special attention will be given to the study of cognitive processes; the various forms of intervention of general psychology in the multiple contexts in which this discipline operates will be analysed, in particular by making connections and references to the field of sport. |
| Formative objectives | The General Psychology course has the following training objectives:   1. Acquiring knowledge about different theoretical models 2. Acquire knowledge on the application of different theoretical models 3. Knowledge of all cognitive processes 4. Acquiring knowledge of cognitive function assessment tools 5. Acquiring knowledge about psychology and sport 6. Acquire knowledge of the main psychic instances with reference to general psychology |
| Pre-requisites | Knowledge of the basic concepts of history of psychology, going through the developments and evolutions of different currents of thought and the different paradigms of general psychology. |
| Expected Learning Outcomes | **Knowledge and comprehension skills**  By the end of the course, the student will have demonstrated knowledge of the various theoretical models in the field of general psychology, having acquired the ability to analyse them.  **Application of knowledge**  The student will know how to apply the knowledge gained about different cognitive processes and theoretical models.  **Ability to draw conclusions**  The student will be able to analyse a context (social, work, care) obtaining an objective evaluation that will allow him to study then an intervention plan.  **Communication skills**  The student will have acquired good communication skills also in relation to the subject of doctor-patient relationship and compliance.  **Learning skills**  The student will have learned how to move in the context of general psychology, also acquiring specific and characterizing concepts on the main topics of the course. |
| Organisation of education | The course is developed through **audio-video pre-recorded lectures** that make up, together with **slides and handouts**, the study materials available on the platform.  Asynchronous **self-report tests** are also proposed, which accompany the pre-recorded lessons and allow students to assess both their understanding and the degree of knowledge acquired about the contents of each lesson.  In particular, the General Psychology course provides 10 training credits. The total study load for this teaching module is between 220 and 250 hours divided as follows: approximately 200 hours for viewing and studying the video material. Approximately 40 hours of Interactive Teaching spread out between e-tivity and self-report tests. The subject should be spread evenly over a period of 11 weeks, with 20 to 30 hours of study per week. |
| Course contents | The main topics covered in the course are:   * **Module** 1.  **From the origins to the anatomo-physiopathological foundations of psychic activity** (Video-recorded theory lessons for a commitment of about 20 hours – 1 week). Origins and development of psychology. Methodology of research. Anatomo-physiological foundations of psychic activity. * **Module 2. Sensation, perception, thinking and reasoning, problem solving and creativity.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Sensation. Perception. Thought. Reasoning. Problem solving, Decision making and Creativity. * **Module 3. Language, Communication, Memory.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). The different types of language. Communication. Memory. * **Module 4. Learning, Verbal learning, Intelligence.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Learning and conditioning. Verbal learning. Intelligences. * **Module 5. Sleep, Dream, Levels of Consciousness.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Physiology of sleep. Theoretical models of dreaming. Levels of consciousness. Alteration of levels of consciousness. * **Module 6. Personality, Emotions, Motivations.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Theoretical models in the study of Personality. Emotions: neural bases and theoretical models. Motivation: theoretical paradigms. * **Module 7. Stress, the Microbiota, the Immune System.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Stress. Distress. Coping strategies. The immune system and stress. * **Module 8. Sport and neuroscience.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Neuroscience. Theoretical reference approach. Competition. The concept of agonistic intelligence. * **Module 9. Movement and well-being neuropsychology.**  (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Neuroscience. Movement for the promotion of health and well-being. Psychological effects of movement. * **Module 10.** **Sport as a development of well-being in adolescents and the elderly.** (Video-recorded theory lessons for a commitment of about 20 hours – week 2). Sport and the well-being of adolescents. Sport in old age.   **Exercises and self-report (20 hours week 11)** |
| Study materials | **Handouts and teaching materials on the platform by the lecturer.**  The content of the modules has been formulated and reworked on the basis of information, data, theories and postulates, including bibliographical references indicated by the authors. For further information, we recommend reading the full text of the above texts:  For further information, the following texts are recommended:  *- Anolli, L.; Legrenzi, P.; Psicologia generale- Il Mulino* |
| Modalities of learning verification | The course structure includes some in progress tests for self-report of learning, consisting of multiple-choice questions and exercises on basic concepts.  The end-of-course examination may be taken in written or oral form:  The **written test** is structured in the same way as the multiple-choice questions (3 answer options) and is divided into 30 closed-ended questions. Each correct answer is scored "1", without any deduction of the score for any incorrect answers.  The **oral test**, to be held at the headquarters of the Niccolò Cusano University in Rome, consists of an interview to determine the level of preparation of the student, through at least three questions. The adequacy of the answers will be assessed on the basis of the following criteria: completeness of arguments, ability to deepen links between different themes, clarity of presentation, mastery of technical language. |
| Criteria for the Assignment of the final Paper | The assignment of the final paper is based on an interview (also via  messages on the platform) where the student must indicate at least 3  different proposals relating to the scope of General Psychology and their specific interests in relation to the topics he or she wishes to investigate. The final decision will be taken by the professor on the basis of considerations of appropriateness and originality of the subject. There is no exclusion from the request for assignment of the thesis and there is no special average to be able to ask for it. |