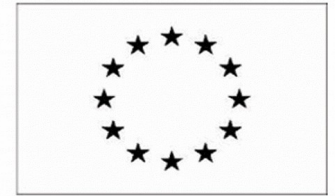




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Course guidelines are based on trying to:

ARRIVE TO ADDRESS THE REALITY IN A RESPONSIBLE  
way;

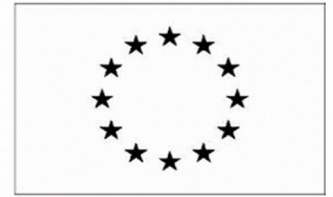
LOOKING FOR A LIFE IN HARMONY WITH THE SAME AND  
THE OTHERS, THROUGH A BETTER EMPLOYMENT OF  
PHYSICAL, INTELLECTUAL, MENTAL ENERGY;

BECOMING HEALTHY-POWERFUL-STRONG TO BE USED  
TO THE SAME AND OTHERS, WITH EXPECTED  
BEHAVIORS IN EVERY ACTION.



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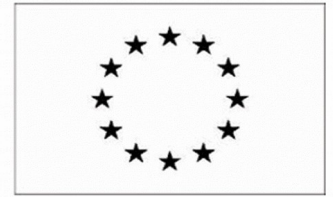


It goes without saying that the COGNITIVE training, THE KNOWLEDGE OF IF 'in every phase of training, assumes an EXTRAORDINARY importance in order to be able to relate to the best with the partner-adversary.



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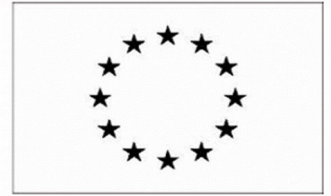


First knowledge, and the use of the engine analyzers, even before turning to the learning of technique and tactics, must be addressed to the recognition of one's own body in space and time, to educate the body itself to the best possible movement, in harmony with one's own psychic being and with that of the adversary.



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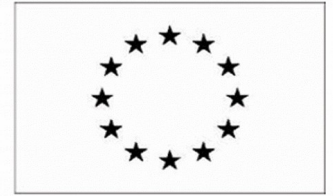


They are the cognitive details of the learning of the movement that develop a complete knowledge of oneself, of one's own limits, of the merits and limits of the adversary.



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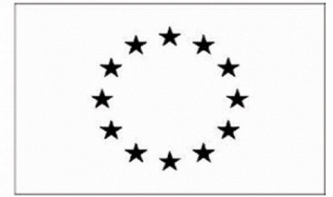


It turns out that the comparison does not turn out to be an opponent's oppression but a worthy opportunity to put into practice their technical, tactical and strategic skills to compare them with those of the adversary..



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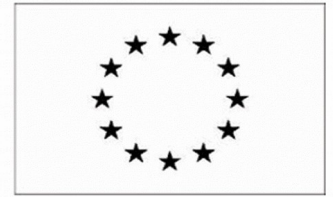


After all this is the purpose of COGNITIVE TRAINING: through the combination of functional and cognitive training, get to KNOW, to KNOW, to MEET with other knowledge and knowledge, to EDUCARIS AL COMPARISON.



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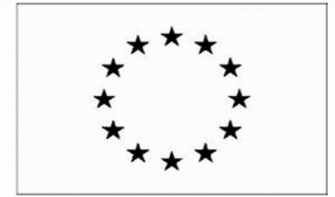


"Decision making is the key mechanism of action as it is realized when the processing of related information and transformation into motion coincide. "(Anochin 1987)



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Sport -competition:

Increase activity and actively create and use decision-making situations through dominant attack and active defense (Heinisch 2008);

High speed of the movements to overcome a scheme [consisting of Technique-Tactic-Strategy] opponent.

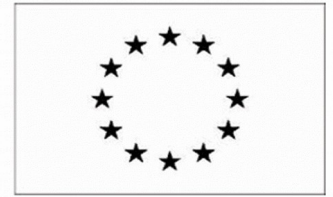
Knowing which scheme will adopt the opponent, the athlete is overcome by the high speed of execution combined with the precision that does not allow him to anticipate and decide an appropriate reaction;

Lately athletes are forced to make decisions faster and perform high-speed actions.



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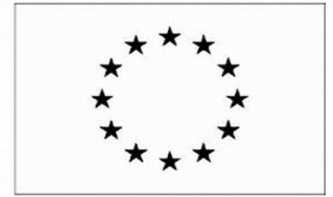
Following the synthesis of the afferences that come from the external and internal environment, those that do not correspond to the objective of the action are eliminated.

From the point of view of the objective, the centrally stored program is chosen, and the action is determined



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In preparing the action, the decision-making process includes:  
the objective of the action, different according to certain strategic considerations and the particularities of the situation;

Cognitive, emotional and motivational evaluation of the situation linked to the anticipation of the opponent's movements;

Decision of an action program adapted to a situation and to the individual prerequisites;

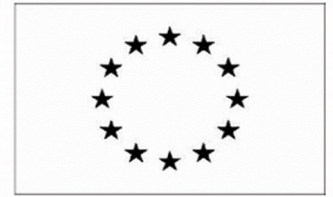
Decision of the moment in which the chosen action program is to be used;

Decision of how to apply the action program in a more rational way.



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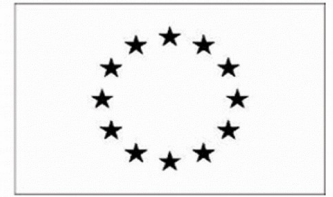


During the course of an action in sport-competition, for decision-making situation we mean the moment in which, after the analysis and evaluation of the moment of confrontation, including the anticipation of the opponent's behavior, the situation is evaluated in such a way as to choose an appropriate action program to solve it, and the time of its application is determined.



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During a competition the situations change with a high dynamics, the moment to decide and to act suddenly appears, the athlete must decide in fractions of a second to use an appropriate action program.

For the athlete it is necessary:

Make decisions in a pressure situation;

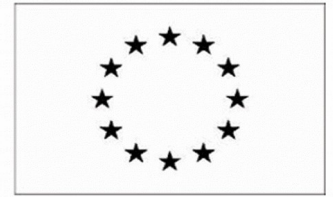
Reacting quickly because the decisional situation suddenly appeared;

Make a final decision as the situation is ripe.



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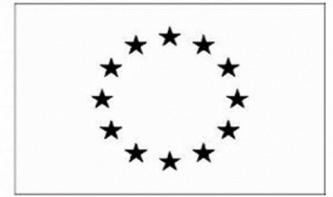


Contact with the opponent causes a permanent exchange of information, especially through tactile, visual, vestibular, kinaesthetic analyzers. In the cortical part, afferences and efferences are reunited and continuously evaluated, through the permanent comparison between objective and provisional result obtained (understand if it is right to have decided for that program and for that moment of its use - timing).



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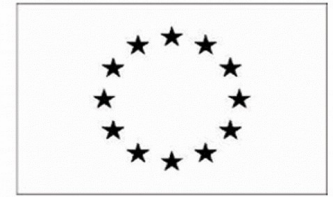


To quickly change decision-making based on sensory perceptions and mental processing, neuronal circuits must be extremely reactive, plastic in the short term, thanks to the mediation of simultaneously released neurotransmitters (Scinex 2011)



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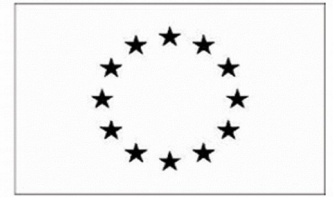


A role in the preparation of decision making is played by anticipating changes in the course of the competition, or by the ability to be able to read what are the intentions and objectives of the opponent's actions (Lehmann 2011). Through the verbal and thought processes, located in the Broca area, communication processes are produced between two adversaries; during the competition we try to analyze the signals coming from the adversary, and to anticipate their intentions, while their action is coded in such a way that the opponent can not "read" it, and is led to wrong decision making.



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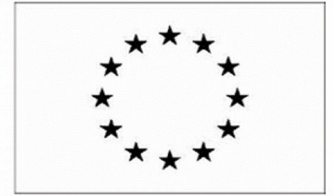
Athlete must always decide and act quickly. In rational decisions, the athlete tries to make situational affirmations conscious, to analyze them, eventually to suppress emotions, to choose the exact moment to use the program. Athletes with this type of decision-making, have considerable cognitive, strategic-tactical and technical skills.

Athletes who decide more intuitively instead have a greater development of volitional, emotional and conditional skills.



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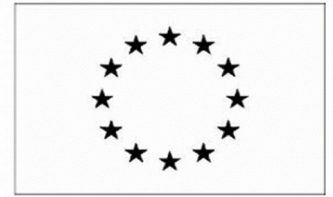


Need to continuously make decisions during the meeting, and to evaluate the result as right or wrong, leads to developing experiences. The effectiveness of a decision depends on the knowledge contained in the memory, the emotions and motivations, and above all the experiences that have been accumulated during the training and competition



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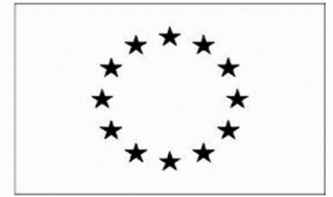


Elaboration, evaluation and choice of action alternatives and application of optimal action possibilities are carried out with the participation of regulatory mechanisms of a cognitive, emotional and motivational nature. All these mechanisms participate in decision-making processes, but with a different intensity that depends on the situation.



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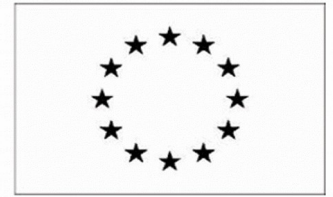


Processes of receiving, processing and storing information that are necessary for safe decision-making during the competition, are realized thanks to cognitive processes: observation of the opponent, his evaluation, anticipation of the actions he intends to perform, memorization of information, programming of how the actions will take place. Each competition represents a mental confrontation between two adversaries, and it is the experiences, that is the knowledge anchored in the memory, that influence behavior in a more important way.



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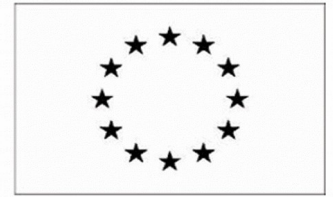
Another important element is the control of emotions, in particular fear or anxiety. The release of stress hormones can lead to uncontrolled decision making (Huter 2011).

Emotions are closely connected to motivation. Will thus acts as a regulating element of decision making and action.



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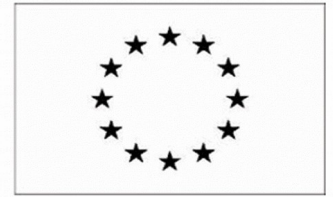


OFFENSIVE / DEFENSIVE STRATEGY: allows to take the initiative in the competition. In it you act in such a way as to urge the adversary, who must react, thus becoming predictable. An offensive conduction of competition limits the degrees of freedom of the opponent, and its spaces of action; its windows of opportunity diminish, while the situations for those who attack become more manageable. The implementation of an offensive strategy is associated with the development of emotional and volitional capacities, with faster, more precise and more dynamic actions.



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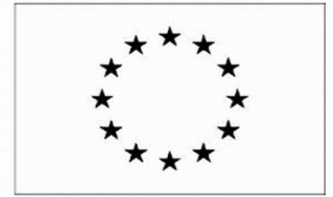


Neurosciences indicate that information processing is a process of activation of closely interconnected neural networks, which are formed, rearranged and transformed, thanks to training and experience. In the regions of the brain in which nerve impulses appear and are transmitted, new neuronal facilities are created: more frequent and intense are the impulses, the easier the facilitation is. This is a process supported by the aforementioned mechanisms:



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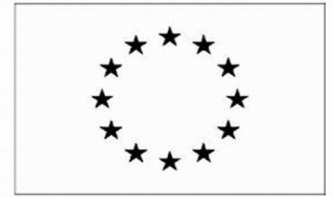


1 - for the information coming from the environment to be represented in a structured form in the brain, there must be a state of vigilance, a general level of brain activation to conscious reception, and the processing of environmental influences. Attention-related processes make it possible to make a selection of information that is particularly relevant for decision-making. Thanks to what is known, the attention is deliberately addressed on what has been communicated on the situation.



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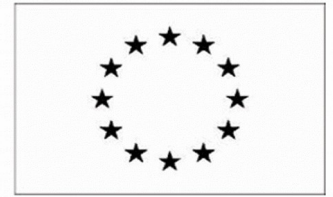


Thus the sensory information is prepared to be stored in a structured way in the memory. To realize a rapid decision-making process, it is essential to provide knowledge on the strategies that can be used to develop and use decision-making situations. This knowledge must be linked to positive and negative experiences. The experience allows to associate and evaluate the previous experience comparing it with the current one



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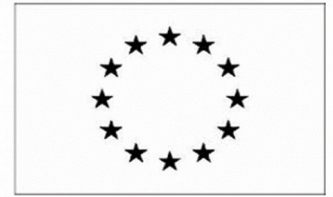


2 - positive emotions cause messengers to transmit information between the neurons, which are so close that they allow the impulses to pass more easily. Technical information, advice and encouragement are also part of the pleasure of acting. A counterproductive effect on the growth of neuronal structures is exerted by a permanent pressure to achieve results, from too high targets, from fear of failure, ...



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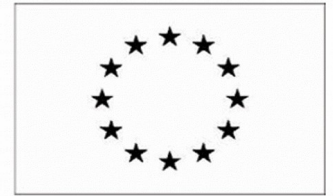


Messenger substances produced during the emotional state of fear limit the neuronal facilities. Information processes are blocked, instead of looking for a comparison, decisions are avoided (avoidance behavior)



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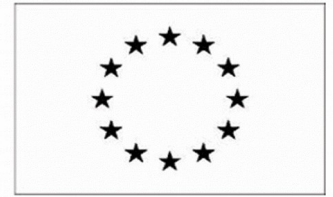


3 - it is impossible to win a confrontation only by merging technical-tactical, conditional, cognitive and emotional qualities. The will is also part of the victory, the desire to really want to achieve the goal. The fundamental characteristics of volitional capacities are constancy in decision making and in acting. Attention must follow the execution. This happens thanks to the link between aim and impulse-preparation of the decision-willingness to use the selected program-use of the program-end of the program. Repeating successful decision-making leads to security in acting



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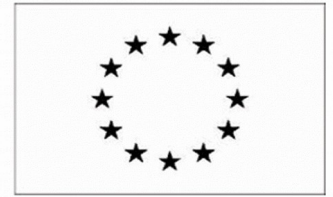


4 - an action that is fixed on a single possibility to decide makes it impossible to adapt to changing situations. Moreover, a feeling of impotence causes an increase in stress hormones, with the consequent blockage of the structures that had been formed until then.



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5 - decision making is a component of the whole action program. The athletes must be sensitized in such a way that:

perceive more from the dynamics of the situation,  
evaluate globally and more rapidly, anticipate changes  
in the behavior of the adversary;

prepare and implement their decisions on a more solid  
basis;

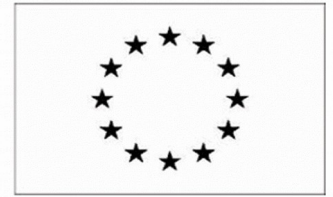
improve their decision-making behavior based on their  
ability to strategically think and automated movement  
processes.

**APPLICATION  
OF THE DECISION SUMMARY:  
in Sport-Education**



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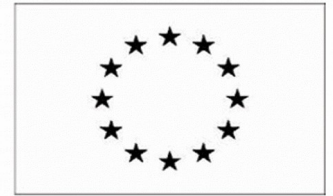
To develop a functional teaching  
training in sports

- Education it is necessary to set coherent objectives  
to the planned educational path.



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## To cognitive development

knowledge of the Self through ideo-motor exercises and sensory-motor.

knowledge of the mechanisms affecting the emotional sphere

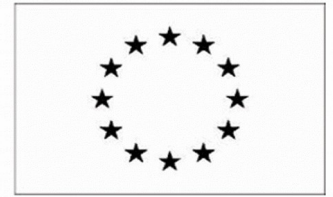
knowledge of the mechanisms related to creativity

knowledge of the mechanisms related to the motor



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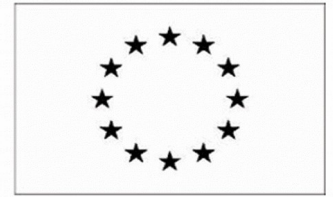


Decision-making mechanisms are universal, therefore applicable to both Sport-Competizione and Sport - Education. Because the specific motor language I use (techniques of the discipline) are identical, the formation of decision making is dictated from the strategic objective to be achieved. To train the student to develop patterns in a creative way engines of cooperation, I will have to choose coherently to make it Express through transparent movements, readable by the partner, Checked and measured to perfection, in antithesis with disturbing Actions (interdiction) that characterize the action of the athlete in the competition.



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Factors of rhythm and speed are not decisive for establishing if I act within the Sports - Competition o Sport - Education as they are strictly related to the coordinative and conditional skills of the practitioners.

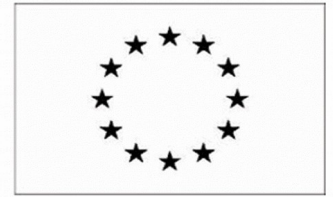
Complexity of achieving perfection in Being Action in a fluid and continuous manner requires an intense workout which is reflected in expressions of high value performance neuro-psycho-motor.

(the best use of physical, moral and intellectual energy)  
BEING THE ACTION means to make the processing coincide information with the action of the right movement



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## The concept of "Victory"

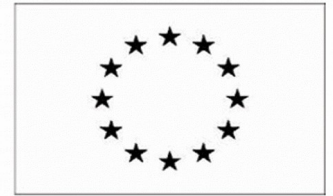
in Sport-Education it is expressed with the word Pace !  
Supreme value of Human Rights, conquest  
reserved for men who recognize a  
Self and at the Others the Dignity Liberty and Humanity

Gold medal is achieved by realizing  
the relationship whit others all together in harmony



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