

DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Lucas Magni

Session & Time: Oral_VI / 5:00 to 5:20pm

Room: Guzman 104

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

ZOOM link:
https://us04web.zoom.us/j/71090937040?pwd=ZFaibWRoad9QwjPcu9qzuUaKCXG6ym.1
ZOOM Passcode: DUC

Digital Portfolio URL: https://sites.google.com/view/lucasmagni/home

Title: Philosophy of Practice - Lucas Magni

Abstract:

In the field of applied sport and performance psychology, the practitioner's work is guided by core values of empathy, compassion, accountability, and adaptability. These values drive efforts to help athletes enhance self-awareness, improve focus and attention, and process emotions during performance. Central to the approach is the use of mindfulness techniques to foster greater awareness of thoughts and emotions, enabling athletes to better manage their mental states under pressure. The practitioner draws on established frameworks such as Acceptance and Commitment Therapy (ACT), humanistic theory, and Self-Determination Theory, integrating these with practical

models like Team Denmark's sport psychology model and Nidefer's Model of Attention. By applying these evidence-based theories, the practice is firmly grounded in a theoretical framework that supports the development of psychological skills, mental resilience, and overall performance. The interplay between theory and action in the approach ensures that athletes not only develop the necessary tools for performance enhancement but also cultivate a deeper understanding of themselves, empowering them to navigate challenges both in and out of competition.