

INTERNATIONAL ASSOCIATION OF APPLIED PSYCHOLOGY (IAAP)

DIVISION
SPORT PSYCHOLOGY

12

ELECTRONIC BULLETIN - WINTER 2012

EDITORIAL

Dear colleagues,

In this issue, you will find information about sport and exercise psychology activities that colleagues have carried out during the Summer Olympic Games, reports from conferences and congresses that our members have attended to, and other activities of interest for Division 12 members.

You can share your information by sending your items to me or to you area representatives (for their contact information visit our website:

<http://home.no/sportpsy/home/nationalreps.html>).

Once again, many thanks to the contributors to this issue.

Montse Ruiz,
Department of Sport Sciences
University of Jyväskylä, Finland

CONGRESS REPORTS

INTERNATIONAL CONVENTION ON SCIENCE, EDUCATION AND MEDICINE IN SPORT

Report submitted by Mary Chassandra.

The pre-Olympic sport science convention ICSEMIS 2012 (International Convention of Science, Education and Medicine in Sport) took place in Glasgow 19-24 July 2012 under the title: Sport ...Inspiring a learning legacy. Chair of the organising committee was prof. Celia Brackenridge (Brunel University) and delegates were from every professional sector and academic discipline associated with sport, physical education, exercise, physical activity and sports medicine. Dr. Peter Terry (University of Southern Queensland) was the keynote speaker for the sport psychology discipline and his topic was "Citius, Altius, Fortius: If only it were that easy". Dr. Robert Sallis (Past-President of the American College of Sports Medicine (ACSM) and currently chairs Exercise is Medicine™, a joint initiative of ACSM and the American Medical Association) was the keynote speaker for exercise and health section and his topic was "Exercise is medicine: Realising the health benefits of physical activity. Delegates represented over 70 countries, 71 UK Universities and colleges and from some of the world's most prestigious universities including Yale, Harvard and MIT. The conference programme offered more than 200 sessions about every discipline linked to sport.

27th ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY (AASP) CONFERENCE

The 27th Annual Conference of the Association for Applied Sport Psychology (AASP) was held in Atlanta, October 3–6, 2012. The theme of the conference was “Interdisciplinary Relationships within the Scientist-Practitioner Model”. Division 12 president-elect Joan Duda (UK) presented the Coleman Griffith lecture “Theory, Research and Practice in Sport and Exercise Psychology: Tales of a Comfortable and Conducive Synergy”. The lecture included highlights about the link between research and application on the area of motivation. The Performance Psychology keynote “Gold Medal Partnership: Collaboration and Integration for Sustained Excellence” was presented by Colleen Hacker (USA) and Tony DiCicco (USA). The keynote was very inspiring and presented information about the very creative work in implementing mental skills to the team that won the World Soccer Cup and the Gold medal in the Beijing Olympic Games. The Exercise Psychology keynote “Taking Exercise Psychology into Public Health Research and Practice” was addressed by Ken Fox (UK).

© AASP



Joan Duda



Colleen Hacker



Tony DiCicco



Ken Fox

Reed Larson (USA) presented the Social Psychology keynote “Positive Development in Sports: The Active Minds of Youth”, and Keith Harrison (USA) the Diversity Lecture “The Tanning of the Global Sports world: Assessing, Measuring and Analyzing the Cultural Performance of Diverse Human Beings”. An Invited International Symposium “Sport and Exercise Psychology Practitioners Working Internationally: Challenges and Benefits” was presented by Stephanie Hanrahan (Australia), Nicolas Lemyre (Norway), Roland Seller (Switzerland), Margaret Ottley (USA) and Montse Ruiz (Finland). The panel shared some of their experiences working with clients, students, and athletes of cultural backgrounds different from their own.

The members of the Executive Board Members include: Jack Watson (President), Jonathan Metzler (President Elect), Jack J. Lesyk (Past President), and Rebecca Concepcion (Secretary-Treasurer).

The next conference will be held in New Orleans, LA, (abstract deadline: February 15th).

Visit: www.appliedsportpsych.org/conference

INTERNATIONAL SPORT PSYCHOLOGY SYMPOSIUM

An International Symposium of Sport Psychology was organized at the University of Palermo, Argentina, September, 7, 2012 to commemorate the 20th anniversary of the Argentinian Association of Sport Psychology (APDA; website: www.psicodeportes.com). Dan Gould (USA) presented a seminar “Sport Talent Development, Psychology of Olympic Excellence”, and a workshop on mental skills teaching. The event gathered more than 100 Sport Psychology professionals from countries in Latin America.

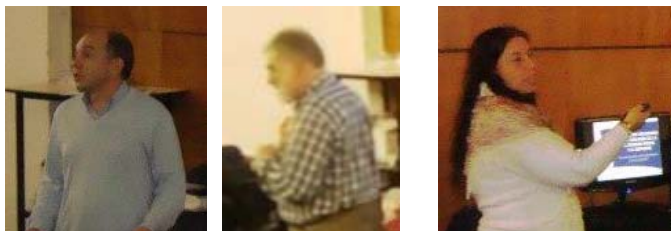


5th URUGUAYAN CONGRESS OF PHYSICAL ACTIVITY AND SPORTS PSYCHOLOGY

Report submitted by Guillermo Mariano

The V Uruguayan Congress of Physical Activity and Sports Psychology, called "Building from intervention and investigation" took place in Montevideo, 4th-6th October, 2012.

The first day's theme was mental preparation of Olympic athletes. Dr. Marcio Geller (Brazil) exposed his work with Club Sogipa's Judokas, while Lic. Laura Tallano (Argentina) presented her job in Synchronized Swimming. We counted also with the presence of Uruguayan Olympic athletes Gabriel Melconián and Juan Romero, who told the audience about their experiences working with Sports Psychologists. Another worth mentioning presentation was Lic. Jesús Chalela's "The presence of the family in sportsmen formation process", in which the racer Santiago Urrutia (actually in Formula Abarth) and his family participated. Other outstanding presentations were Mag. Jorge Salvo's ("Intervention in blind Futsal"), Lic. Sebastián Cardozo's ("An experience in basketball") and Lic. Laura Tallano's (Psychology at high speed: intervention in car racing"), and several high level free works. Meanwhile, Santiago Brand (Colombia) gave us a perspective from Biofeedback and Neurofeedback, teaching how this technology allows to train arousal, concentration and emotion-management in sports. In what concerns to investigation, Dr. Verónica Tutte presented her research "Burnout and Mood States", while Lic. Flavia Vique and Lic. Guillermo Mariano presented "Motivational climate and its incidence in sportsmen motivation", highlighting how task orientation is related to intrinsic motivation and protects from demotivation. The presence of sportsmen commenting their experiences in interdisciplinary work made clear the importance of creating networks of support for sports training. These are the bases for sports learning, maintaining health and welfare of its participants. The Congress had a very good participation of its audience, specially students interested in specializing in this area, and permitted exchanging experiences in an atmosphere of camaraderie and interest for sharing and learning with colleagues



NEWS FROM MEMBERS

AUSTRALIA by Daniel Gucciardi

The College of Sport and Exercise Psychologists (CoSEP) 2012 AGM was held at the Sports Medicine Australia conference in Sydney on Friday 2nd November. A range of CoSEP themed presentations were scheduled, including the inaugural presentation of the APS College of Sport and Exercise Psychologists Student Awards - established in honour of Professor Tony Morris. Visit: <http://sma.org.au/wp-content/uploads/2012/04/Preliminary-Conference-Program.pdf>

The Prize for Best Student Presentation in Sport and Exercise Psychology for a University of QLD Masters Student was awarded to Brendan Smith at the recent CoSEP/QAS PD event on the 29th August in Brisbane. Brendan presented on his Masters Thesis research titled, 'Predicting and preventing homesickness in the residential athlete'.

The CoSEP LinkedIn Trial has been going well and will now be open to all APS members going forward. Additionally, all CoSEP members now have a access to a CoSEP specific Discussion Forum hosted on the APS website.

NAMES IN THE NEWS

PROMOTING ADOLESCENT PHYSICAL ACTIVITY – The European ‘PAPA’ Project

Submitted by Isabel Balaguer
Universidad de Valencia, Spain

From April 2009 to March 2013, a world-leading team of academics are using a state-of-the-art, multi-method approach to deliver and evaluate the effectiveness of the *Empowering Coaching*[™] training. Developed by Professor Joan Duda as a result of her extensive research and applied work on motivational processes in sport and other physical activity settings, this theoretically-grounded and evidence-based coach education programme is being implemented and tested across 5 European countries within the PAPA Project (**P**romoting **A**dolescent **P**hysical **A**ctivity; www.projectpapa.org). Funded by the European Commission under the 7th Health Framework Programme, PAPA is committed to enhancing young peoples’ health and well-being through positive experiences in sport. PAPA is led by the University of Birmingham (UK) and partnered by seven European Universities: University of Bergen (Norway), University of Valencia (Spain), Joseph Fourier University (France), University of Thessaly (Greece) Norwegian School of Sport Sciences (Norway), York St John University (UK) and Autonomous University of Barcelona (Spain). Due to its’ widespread popularity across Europe, PAPA targets grassroots football (soccer).

The *Empowering Coaching*[™] programme promotes an environment conducive to more enjoyable, enabling and engaging sport participation, optimal development and sustained engagement. Via interactive activities and self-reflection in the workshop and the follow-up e-learning course, *Empowering Coaching*[™] supports coaches in creating a more adaptive motivational climate on their team. Workshops are delivered by experienced coach educators, trained to deliver *Empowering Coaching*[™] by the leaders of each participant University. With this better understanding, coaches are more equipped to develop practical and effective ways to put the principles behind youth empowerment into action....in training as well as in competition. To date, via delivery as part of PAPA, over 1200 coaches have received the *Empowering Coaching*[™] training and thereby the potential positive impact has reached over 17000 young soccer players across Europe.

Author profile: Isabel Balaguer is Professor of Psychology at the Universidad de Valencia in Spain. She coordinates the activities of the Papa project in the Valencia region.

EUROPEAN MASTERS IN SPORT AND EXERCISE PSYCHOLOGY (EMSEP) Erasmus Mundus

Visiting scholars participating in the European Masters in Sport and Exercise Psychology (EMSEP) program in 2013 are: Harold Riemer, University of Regina, Canada; Judy Van Raalte, Springfield College, USA; Martin Hagger, Curtin University, Australia; Monna Arvinen-Barrow, University of Wisconsin Milwaukee; Panteleimon Ekkekakis, Iowa State University, USA; Peter Terry, University of Southern Queensland, Australia; Renee Appaneal, University of North Carolina at Greensboro, USA; and Sam Zizzi, West Virginia University, USA.

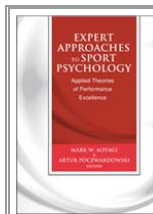
Previous visiting scholars have been: Hülya Asçi, Brenda Bredemeier, Albert Carron, Nikos Chatzizarantis, Steven Danish, Mark Eys, Debbie Feltz, Dan Gould, Martin Hagger, Tony Morris, Vanessa Shannon, David Shields, and Robert Weinberg.



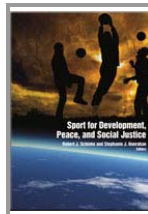
Mark Eys and the EMSEP group

The EMSEP program, currently in its third year, is funded by the European Commission, and offered jointly by the University of Jyväskylä (Finland), University of Lund (Sweden), and University of Thessaly (Greece) acting as home universities, and University of Leipzig (Germany) that hosts the study abroad period of all students.

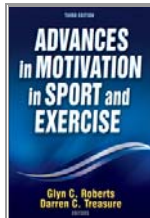
NEW PUBLICATIONS



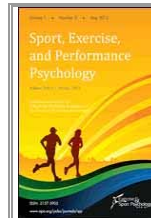
Aoyagi, M. & Poczwadowski, A. (2012). Expert Approaches to Sport Psychology. Fitness Information Technology



Schinke R. & Hanrahan S. (2012). Sport for Development, Peace, and Social Justice. Fitness Information Technology



Roberts, C. & Treasure, D. (2012). Advances in Motivation in Sport and Exercise. Human Kinetics



Journal "Sport, Exercise, and Performance Psychology", edited by Jeffrey J. Martin, and published quarterly, is a publication of APA Division 47 (Exercise and Sport Psychology).

The video "Introduction to Sport Psychology: Working with Coaches and Teams" by Mike Voight is now available from Virtual Brands (www.vbvideo.com).

FORTHCOMING MEETINGS/CONFERENCES

February, 31, 2013. Rugby-Northampton, UK. Masterclass in Applied Sport Psychology. "Lessons Learned in 100+ Years of Sport Psychology Consultancy" with Dr. Brian Hemmings. More information: www.golfmind.co.uk.

March 26 - 27, 2013. Student conference of the British Association of Sport and Exercise Sciences (BASES), Cardiff Metropolitan University, UK. Website: www.bases.org.uk/Student-Conference

April, 9-11, 2013. Harrogate, UK. Annual Conference of the British Psychological Society (BPS). Website: www.bps.org.uk/ac2013

June, 13-15, 2013. Québec, Canada. Annual convention of the Canadian Psychological Association Convention (CPA). Website: www.cpa.ca/convention

June 13-15, 2013. New Orleans, USA. Annual conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). Website: www.naspspa.org/about-the-conference

June 26 - 29, 2013. Barcelona, Spain. Annual Congress of the European College of Sport Science (ECSS). Website: www.ecss-congress.eu/2013/

July 1-3, 2013. World Conference on Stress and Anxiety Research (STAR). University of Algarve, Portugal. Website: www.star2013.org

July, 21-26, 2013. Beijing, China. World Congress of the International Society of Sport Psychology (ISSP). Website: www.issp2013.com

September, 3-5, 2013. Annual conference of the British Association of Sport and Exercise Sciences (BASES), University of Central Lancashire, UK. Website: www.bases.org.uk

October, 2-5, 2013. New Orleans, USA. Annual conference of the Association for Applied Sport Psychology (AASP). Website: www.appliedsportpsych.org/conference

DIVISION 12 EXECUTIVE OFFICERS

President

Howard Hall
Faculty of Health & Life Sciences
York St John University
United Kingdom
E-mail: h.hall@yorks.ac.uk

President-Elect

Joan L. Duda
School of Sport & Exercise
Sciences
University of Birmingham
United Kingdom
E-mail: j.l.duda@bham.ac.uk

Past- President

Yuri L. Hanin
KIHU-Research Institute
for Olympic Sports
Jyväskylä Finland
E-mail: juri.hanin@kihu.fi

Secretary/Treasurer

Jolly Roy
Sport Psychology Centre
National Sports Institute
Kuala Lumpur, Malaysia
E-mail: lolroy@hotmail.com

Bulletin Editor/ Website Manager

Montse Ruiz
Department of Sport Sciences
University of Jyväskylä
Finland
E-mail: montse.ruiz@jyu.fi