

INTERNATIONAL ASSOCIATION OF APPLIED PSYCHOLOGY (IAAP)

DIVISION SPORT PSYCHOLOGY

12

ELECTRONIC BULLETIN - WINTER 2011

EDITORIAL

Dear friends and colleagues,

It is my pleasure to welcome you to this electronic issue of the Division 12 bulletin. As usual, below you will find information about past professional meetings / congresses, forthcoming events, and other interesting initiatives.

Many thanks to the contributors to this issue !!

Please, keep on sending me information you would like to share with the Sport Psychology community. You can do that by sending me an email, or through the area representatives (see their contact information on our website: <http://home.no/sportpsy/home/nationalreps.html>).

I would also like to take this opportunity to wish you all merry Christmas and all the best for the next Olympic year !!

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CONGRESS REPORTS

13th EUROPEAN CONGRESS OF SPORT PSYCHOLOGY

The European Federation of Sport Psychology (FEPSAC) organized its congress in Madeira, Portugal (July 12-17, 2011). Keynote speakers included: Sheldon Hanton (UK) "Another decade of research and still the question remains: What is this thing called Mental Toughness?", Margarida Matos (Portugal), "Health Assets for the promotion of personal and social health and wellbeing in children and adolescents", Anne Marte Pensgaard (Norway) "Applied Sport Psychology", Elisabeth Rosnet (France) "Sport, Exercise, Polar and Space Psychology: links and challenges", and Andrew Sparkes (UK) "Qualitative research in sport and exercise psychology: Future challenges and points of contestation". The Managing Council, elected during the congress, includes: Paul Wylleman (President), Anne-Marie Elbe (Vice President), Xavier Sanchez (Secretary General), and Alberto Cei (Treasurer).

The next congress will be held in 2015 in July 14-19 in Bern, Switzerland.

Visit: www.fepsac2015.ch/Fepsac%202015%201st%20Flyer.pdf

26th ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY (AASP) CONFERENCE

The 26th Annual Conference of the Association for Applied Sport Psychology (AASP) was held in Hawaii in September 21-24, 2011. The conference gathered participants from 48 different countries with Jamaica being the first time represented at AASP. Former IAAP Division 12 president, Gloria Balagué (University of Illinois, USA) presented the Coleman Griffith Keynote "Taking a look at the 'Applied' in Applied Sport Psychology". Some of the highlights of the lecture were the importance of interpersonal relationships with our athletes or clients. The development of solid qualitative research and sound measures were also pointed out as essential for effective interventions. The Social Psychology Keynote Address "Bullying from Classrooms, Gyms, to the Playing Fields: Using Social Psychology Research to Guide Prevention & Intervention Efforts" was presented by Dorothy Espelage (University of Illinois at Urbana-Champaign, USA). A take home message from the keynote included the use of social-emotional learning to prevent bullying. The Performance Psychology Keynote Address "From graduate school to life inside the Nike berm: The more things change the more they stay the same" was delivered by Darren Treasure (Oregon Nike Project). The Health & Exercise Psychology Keynote Address "Comprehensive Approaches to Community-Wide Physical Activity Promotion" was presented by Jay Maddock, (University of Hawaii).

Award recipients were: Sandy Gordon (Distinguished International Scholar), Peter Haberl (Distinguished Professional Practitioner), Shawn Zeplin (Distinguished Student Practice Award), Ross Wadey (Doctoral Dissertation Award), Cindra Kamphoff (Dorothy V. Harris Award), Mustafa Sarkar (Master Thesis Award), and Moé Machida and Alyssa Norris (Student Diversity Award). The members of the Executive Board Members include: Jack J. Lesyk (President), Jack Watson (President Elect), Bonnie Berger (Past President), and Heather Peters (Secretary-Treasurer).

The next AASP conference will be held in Atlanta, Georgia (October 3-6, 2012).

Visit: www.appliedsportpsych.org/conference



SCIENCE FOR SUCCESS III Congress and 7th Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP)

The Science for Success III Congress was organized by the Research Institute for Olympic Sports in Jyväskylä, Finland, 11th -12th October, 2011. The theme of the congress was "The way to success" which had a special emphasis on the coaching of young athletes. The congress gathered about 200 participants. Keynote speakers were: Gordon Bloom (McGill University, Canada) "The Role of the Coach in the Development of Talented Youth"; Dave Collins (University of Central Lancashire, UK) "Talent Development: The Game between the Ears"; Jessica Fraser-Thomas, (The York University, Canada) "Who Is This Kid? Developing the Person within the Young Athlete".

The 7th Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP) was organized in conjunction with the congress. Keynote speakers included Division 12 past President Juri Hanin (Research Institute for Olympic Sports, Finland) "From Competition Anxiety to Emotions in Sport", and Geir Jordet (Norwegian School of Sport Sciences) "From Data to Dirty Reality - Psychology Applied to Professional Soccer".



5th INTERNATIONAL SPORTS MEDICINE AND SPORTS SCIENCE by Jolly Roy

The 5th International Sports Medicine and Sports Science Conference entitled "Medicine, sports and technology: powering high performance", was organized by the National Sports Institute of Malaysia in Kuala Lumpur from 27-30 September, 2011. Professor Dieter Hackfort (Germany) delivered the Psychology Keynote. He focused on Mental Performance Management, founded on action analysis. Professor Andy Lane (UK) presented an invited lecture highlighting the importance of beliefs in the effectiveness of intervention to explain changes in emotions. In addition, both professors shared many creative ideas to move forward to become high performance competitors.

6th ASIAN-SOUTH PACIFIC ASSOCIATION OF SPORT PSYCHOLOGY by Kaori Araki

The 6th Asian-South Pacific Association of Sport Psychology (ASPASP) was held in Taipei, Taiwan from November 11th to 14th, 2011. There were 390 participants from 26 countries. Presentations included 9 keynotes, 13 symposium/workshops, 77 oral presentation, and 154 poster presentations.

The election of ASPASP Office Bearer and Elected Members (2011-2014) were held and new officers are President: Peter Terry (Australia), Vice President (Programs & Organisations): Zhang Liwei (China), Vice President (Membership): Fatollah Mosayebi (Iran), Vice President (Publications): Frank Lu (Taiwan), Secretary General: Youngho Kim (Korea), and Treasurer: Naira Orbeta (Philippines). New elected members are Ahmad Alharamlah (Saudi Arabia), Kaori Araki (Japan), Chung-ju Huang (Taiwan), Zhijian Huang (China), Ji-Hang Lee (Korea), Mohd Nizar Ahman Padzi (Malaysia), Naruepon Vongjaturapat (Thailand).

The 7th ASPASP congress will be held in Tokyo, Japan in 2014.

NEWS FROM MEMBERS

AUSTRALIA by Daniel Gucciardi

The Australian Psychological Society's (APS) College of Sport and Exercise Psychologists (CoSEP) AGM was held Friday 7th October at the APS Annual Conference in Canberra (National Convention Centre). This meeting included the confirmation of National Executive Office Bearers for 11/12; the presentation of the APS Award of Distinction to one of our members; and the launch of the inaugural APS College of Sport and Exercise Psychologists Student Award.

The CoSEP has worked closely with the National APS office to contribute to a range of submissions to Australian Health Practitioner Regulation Agency and the Psychology Board of Australia regarding professional issues, in addition to the updating of APS Ethical Guidelines and project taskforces on critical topics. The next edition of the CoSEP newsletter, *The Sporting Mind*, is available on the CoSEP website: www.groups.psychology.org.au/csep/newsletters

(See also local conferences below).

CHINA by Li-Wei Zang

Under the leadership of International Society of Sport Psychology (ISSP), the Chinese Section has been added to the International Journal of Sport Psychology since 2007. Chinese sport psychologists helped athletes of Winter Olympic Games such as figure skating and free-style aerial with mental training programs for their peak performance in Vancouver Winter Olympics in 2010.

The Qualitative Research Method Symposium organized by China Sport Psychology Society was held in August 20-22, 2011 in Beijing Sport University.

The 9th Sport Psychology Conference of All China was held in September 15-18, 2010 in Shanghai Sport University. Three hundred and twenty two papers were published in the conference.

The second group of sport psychology consultants was accredited by the evaluation committee of China Sport Psychology Society in September 15, 2010 in Shanghai Sport University.

China Youth Scholar Award of Sport and Exercise Psychology-2009 was awarded to Dr. Huang Zhijian, a professor in Wuhan Institute of Physical Education by College of Physical Activity and Sport Sciences/ICPE of West Virginia University and International Journal of Sport & Exercise Psychology-Chinese Section in October 6, 2010.

The Excellent Paper Award of Sport and Exercise Psychology-2009 was awarded to the paper "The relationship between basketball free throw performance and EEG coherence" (written by Chien-Ting Wu, Li-Chuan Lo, Jung-Huei Lin, Heng-Shing Shih, and Tsung-Min Hung and published in International Journal of Sport and Exercise Psychology – Chinese Section, 2007, 5, 451-496) by College of Physical Activity and Sport Sciences/ICPE of West Virginia University and International Journal of Sport & Exercise Psychology-Chinese Section in October 6, 2010.

JAPAN by Kaori Araki

The Japanese Society of Sport Psychology (JSSP) held an annual conference from October 9th to 10th at Nihon University in Tokyo. There was a keynote lecture, five symposiums, five oral sessions, and poster sessions. There were approximately 300 participants. The JSSP submitted a proposal to invite the 7th Asian South Pacific Association of Sport Psychology (ASPASP) Congress in 2014, which was accepted at the general assembly at the 6th ASPASP Congress in Taiwan.

PHILIPPINES by Naira Orbeta

Sport Psychology in the Philippines is viewed as a "luxury" in local sports settings. Due to the third world status of the country, not many athletes or teams wish to spend resources on the psychological aspect of training.

At present, there are no established graduate courses in the discipline. People who desire to study the field have to go to other countries. In terms of practitioners in the field, they have typically attained their knowledge by combining course work in related fields and then spend time in doing applied work in the local scene.

The Philippine Center for Sports Medicine of the Sports Commission (PSC-PCSM), government body in charge of national athletes, has had a Sport Psychology unit since 1993 until the present. Currently, a group of practitioners have gathered and are trying to establish a national sport psychology association. Lectures, seminars and workshops occur throughout the year to educate athletes and coaches.

NAMES IN THE NEWS

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

The first year of the European Masters in Sport and Exercise Psychology (EMSEP) Erasmus Mundus program was successfully completed. EMSEP visiting scholars for 2011 included: Hülya Asçi, Albert Carron, Nikos Chatzisarantis, Dan Gould, Harold Riemer, Judy Van Raalte, Tony Morris, Vanessa Shannon, and Robert Weinberg. The EMSEP program 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.



Albert Carron & the EMSEP group



Dan Gould & the EMSEP group



Tony Morris & the EMSEP group



Bob Weinberg & the EMSEP group

Visiting scholars for 2012 include: Brenda Bredemeier, Nikos Chatzisarantis, Steven Danish, Mark Eys, Debbie Feltz, Martin Hagger, Harold Riemer, Vanessa Shannon, David Shields, and Robert Weinberg.

MUSIC IN SPORT AND EXERCISE RESEARCH GROUP

Submitted by Costas Karageorghis
School of Sport and Education
Brunel University, London

Over the last 15 years, I have led a group of researchers from the School of Sport and Education at Brunel University, London. Our aim is to comprehensively account for the effects and potential benefits of music use in sport and exercise settings. Thus far, the programme has led to ~50 publications that have impacted on the manufacturers of music-playing devices and how sport and exercise participants the world over tap into the power of music. We have worked with Nike, Sony and Speedo among other companies. The latest batch of studies has provided significant new insights into the applications and consequences of music use.

Our experimental work has shown that 'motivational music' selected using an objective test that we developed, leads to a number of positive outcomes. These include greater volitional endurance, enhanced affective states, and, at low-to-moderate exercise intensities, reduced perceptions of exertion. Music also appears to play a powerful role in the regulation of movement. The greater movement efficiency promoted by synchronous music is underpinned by reductions in physiological markers such as oxygen uptake.

A prominent strand of our work has focussed upon the relationship between exercise heart-rate and one's preference for music tempo. Whereas a positive linear relationship was hypothesised by musicologists, we have found a more intricate relationship that is curvilinear in nature. In essence,

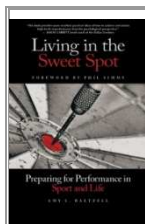
exercisers working over a wide range of exercise intensities (e.g., 40-90% maximal heart rate) exhibit a preference for music in the narrow tempo range of 125-140 bpm.

Over the past 4 years I have overseen the launch of the Run to the Beat series of half- marathons, which are held each autumn in London, UK and Basel, Switzerland. Uniquely, the events are accompanied by scientifically-selected motivational music provided by live bands and DJs who line the route. Our research group has been instrumental in managing the music policy for these events and promoting it through the international media.

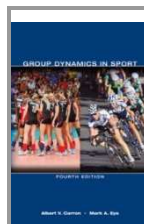
The research group has also been heavily involved with work in a clinical setting. The Music-in-Rehab Project (2006-10) involved the use of age-appropriate music to facilitate the rehabilitation programmes of elderly physiotherapy patients receiving treatment in the UK's National Health Service. As a consequence of this work, we developed additional programmes with music for pain relief and as part of an exergaming intervention designed to aid stroke rehabilitation. Our most recent initiative is a partnership with the UK's Transport Research Laboratory which has allowed us to conceive a research programme addressing the facilitative and debilitating effects of in-car music on driving behaviour and road safety.

Author profile: Dr Costas Karageorghis is a Reader in Sport Psychology at Brunel University, London and co-author of the text *Inside Sport Psychology* (Human Kinetics, 2011).

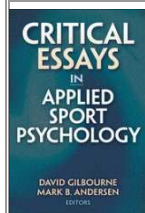
NEW PUBLICATIONS



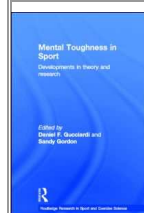
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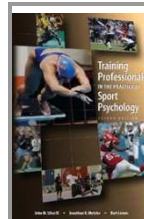
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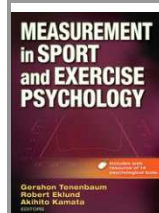
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FORTHCOMING MEETINGS/CONFERENCES

February, 23-24, 2012, San Diego, CA. Center for Performance conference to be held at the National University's Spectrum Business Park Campus. Speakers includes Mark Anshel (Director of the Enhanced Performance Program at WestPoint) and Bill Duffy (NBA player agent).

March 21-24, 2012, Murcia, Spain. XIII National Congress & I Mediterranean Forum of Sport and Exercise Psychology organized by the Spanish Federation of Sport Psychology (FEPD). Prior to the congress, on March 20, the Spanish Journal of Sport and Exercise Psychology (RPD) Editorial Board will celebrate a satellite symposium.

Visit: http://sym.posium.com/event_detail/519/detail/xiii-congreso-nacional-y-i-foro-del-mediterraneo-de-psicologia-de-la-actividad-fisica-y-deporte.html

April 11-12, 2012. Student conference of the British Association of Sport and Exercise Sciences (BASES) to be organized at University of East London.

Visit: <http://www.bases.org.uk/Student-Conference>

April 18-20, 2012, Grand Connaught Rooms, London. Annual Conference of the British Psychological Society. Keynote and invited speakers include: Dan Gould (Michigan State University), Sandy Gordon (University of Western Australia), John Kremer (Queens University Belfast), Nanette Mutrie (University of Strathclyde), Ken Fox (Bristol University), Mark Bawden (Metaphorics Performance Consultants).

Visit: http://annual-conference.bps.org.uk/annual-conference/annual-conference_home.cfm

June 7-9, 2012, Honolulu, Hawaii. Annual conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSA).

Visit: www.naspsa.org/about-the-conference

July 4-7, 2012, Bruges, Belgium. Annual Congress of the European College of Sport Science (ECSS).

Visit: www.ecss-congress.eu/2012/

July, 19-24, 2012, Glasgow, Scotland. International Convention on Science, Education and Medicine in Sport (ICSEMIS) conference and Annual Conference of the British Association of Sport and Exercise Sciences (BASES).

Visit: www.icsemis2012.com and www.bases.org.uk/bases-Annual-Conference

September/October, 2012. Perth, Australia. The Australian Psychological Society Annual Conference.

October 31-November 3, 2012. Sydney, Australia. Be Active Conference (Sports Medicine Australia).

Visit: <http://sma.org.au/asics-conference/future-conferences/be-active-2012/>

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