

# INTERNATIONAL ASSOCIATION OF APPLIED PSYCHOLOGY (IAAP)

## DIVISION SPORT PSYCHOLOGY

# 12

BULLETIN FALL - WINTER 2010/11

## EDITORIAL

Welcome to the electronic issue of IAAP's Division 12 Bulletin !!

This electronic issue includes information about activities that occurred during 2010 as well as forthcoming professional meetings and other announcements.

Please, keep on sending me your news, or other information you would like to share with the Sport Psychology community.

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## CONGRESS REPORTS

### 27<sup>th</sup> International Congress of Applied Psychology

The 27th International Congress of Applied Psychology (ICAP) was held in Melbourne, Australia on 11- 16 July, 2010.

The Congress gathered 3 400 participants from 67 countries.

Below are some highlights of some of the presentations:





Divisional keynote address was presented by Dr. Gloria Balagué (University of Illinois, USA) "The many faces of sport psychology: strength or challenge for the field". The keynote described different areas that compose Sport Psychology, the development of the field, and some implications in applied and research domains.

Professor Robert J. Vallerand (University of Québec, Canada) presented the Social Psychology in Sport address "On the role of passion for sport and physical activity in a fulfilling life". The paper focused on the conceptualization of passion, which includes two different types, harmonious and obsessive passion, and their relation with sport and physical activity.



Division Fellow and President-elect Professor Joan Duda (University of Birmingham, UK) chaired a symposium entitled "Motivation-centered interventions in sport: Theory, research, and practice". The papers supported the use of evidence-based practice interventions to manage debilitating forms of perfectionism in athletes, promote optimal functioning in youth sport, influence the psychosocial development and health of children, and use motivational strategies in a life-skill intervention in populations at risk.

Founder President and Division Fellow Professor Glyn Roberts (Norwegian School of Sport, Norway) and Division President Howard Hall (York St John University, UK) chaired a symposium entitled "Motivational issues in sport: Perfectionism, goals, moral functioning and engagement". The symposium focused on different forms of goal striving and motivational dynamics grounded in achievement motivation theoretical approaches.



In addition, State of the Art lecture was presented by Professor Peter Terry (University of Southern Queensland, Australia) "The evolution of applied sport psychology: Beware the sun, icarus"). The lecture included an overview of the history of applied sport psychology across in Europe, Asia and North America. Prof. Terry focused on the different model and classic writings and using the metaphor of Icarus emphasizing the importance of credibility of applied sport psychology practitioners. The Presidential keynote address (Juri Hanin, Research Institute for Olympic Sports, Finland) was entitled "Emotion- focused and Action-focused coping in sport" which re-examined the traditional emotion-focused, and problem-focused coping distinction, suggesting an alternative approach with action (task-execution process) and accompanying emotional experiences as targets of coping. The address presented a practitioner-oriented approach for optimization of athletic performance.

During the meeting of Division 12, held during the ICAP congress, Executive Officers were elected with Howard Hall (President), Joan Duda (President-elect), Juri Hanin (Past-President), Jolly Roy (Treasurer / Secretary), and Montse Ruiz (Newsletter Editor). The Division elected the following area representatives:

Asia	Kaori Araki	E-mail: <a href="mailto:kaoriaraki@shse.u-hyogo.ac.jp">kaoriaraki@shse.u-hyogo.ac.jp</a>
Europe	Elisabeth Rosnet	E-mail: <a href="mailto:elisabeth.rosnet@insep.fr">elisabeth.rosnet@insep.fr</a>
Central/South America	Carolina Nachon	E-mail: <a href="mailto:sportpsychology@usa.net">sportpsychology@usa.net</a>
Africa:	Leon van Niekerk	E-mail: <a href="mailto:leonvn@uj.ac.za">leonvn@uj.ac.za</a>
Australasia	Daniel Gucciardi	E-mail: <a href="mailto:d.gucciardi@uq.edu.au">d.gucciardi@uq.edu.au</a>

The Division voted to support a name change to include Exercise Psychology. The motion was accepted and will be approved in the next meeting planned on 22-27 July 2012 in Cape Town, South Africa in conjunction with the 30th International Congress of Psychology (ICP).

The next ICAP congress will be held in Paris, France, 8-13 July 2014.

## **XVIII National Congress of the Italian Association of Sport Psychology**

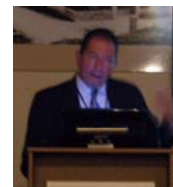
The XVIII National Congress of the Italian Association of Sport Psychology (AIPS) was held in October 15 - 17, 2010 in University of Chieti, Italy. The congress theme was "Sport and exercise psychology between performance and well-being". Keynote speakers were presented by Professor Jeffrey Martin (Wayne State University, USA) "The psychosocial dynamics of disability sport and exercise", Professor Joan Duda (University of Birmingham, UK) "The relevance of the social environment and motivational processes to athletes' well being", Professor Paul Holmes (Manchester Metropolitan University, UK), "Sport psychology and shooting research: evidenced-based support for world-class coaching", Professor Sidonio Serpa (Technical University of Lisbon, Portugal) "Relationship coach-athlete and coaching", and Professor Thomas Schack (Bielefeld University, Germany) "The cognitive architecture of motor action - Building blocks of performance in memory and brain"

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## **11<sup>th</sup> National Conference of Sport Psychology, Greece**

The 11th National Conference of Sport Psychology was organized by the Hellenic Society of Sport Psychology in Trikala, Greece, 4<sup>th</sup>-7<sup>th</sup> November, 2010. The conference theme was "Promoting physical activity and psychological well-being". Below are some highlights from some of the keynote speakers:

Professor Stuart Biddle (Loughborough University, UK) presented "Towards a psychology of sitting: why it's important to study sedentary behaviour". Professor Biddle pointed out that while sport psychology has clearly advanced in the understanding of the individual, there is still much to do in relation to the measurement of physical activity and sedentary behaviour as well as understanding of the impact of the environment.



*Athanasios Papaioannou and Joan Duda*

Professor Joan Duda (University of Birmingham, UK) organized a symposia entitled "Motivation-centered Interventions in Sport: Theory, Research, & Practice". Professor Duda presented the international research project, PAPA project, involving 8 European universities. The project aims at enhancing the role of environment in the creation of a task-involved motivational climate "creating an empowering climate in youth sport.

Professor Ken Fox (University of Bristol, UK) presented the keynote "Physical self-perceptions. 25 years of singing and dancing".

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## **6<sup>th</sup> Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP)**

The European Network of Young Specialist in Sport Psychology (ENYSSP) Workshop was held in conjunction with the National Conference, in Trikala, Greece, 5<sup>th</sup>-6<sup>th</sup> November, 2010. ENYSSP Keynote was presented by Antonis Hatzigeorgiadis "Self-talk in sport: Research advances and applications".

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## **Nordic Conference 2010**

The 3rd Nordic Conference was held this year on 28 - 30, October in Odense, Denmark. The conference included five main topics: Physical activity and public health, Active Living and Public Health, Adapted Physical Activity, Sport Psychology, and Sport and Exercise Physiology and Biomechanics). Tatiana Ryba (University of Jyväskylä, Finland) presented the Sport Psychology keynote "Sport Psychology and the Cultural Turn".

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## 10<sup>th</sup> Anniversary Conference for Certified Mental Training Consultants

As Dr. Kaori Araki reports the Japanese Society of Sport Psychology invited Dr Glyn Roberts from the Norwegian University of Sport Science in September, 2010. Dr. Roberts presented "Sport psychology consulting: Past, present, and future directions" at the 10th Anniversary Conference for Certified Mental Training Consultant in Tsukuba, Japan. The presentation made a tremendous impact on sport psychology in Japan.

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### News from Australia by Daniel Gucciardi

Aside from hosting the International Congress of Applied Psychology in Melbourne, 2010 will go down as a memorable year for the general field of psychology in Australia, but in particular for that of sport (and exercise) psychology.

For the first time, there are nationally consistent standards for registration and accreditation, which means that psychologists can register once and practise anywhere in Australia (which wasn't the case prior to the adoption of the new National system). The Psychology Board of Australia's (PBA) new national registration scheme for psychologists, which commenced on 1 July 2010, also includes the endorsed title of 'sport and exercise psychology'. The effect of this new scheme is that the title 'sport and exercise psychologist' will be protected under the National Law: thus, only those psychologists who have been granted an endorsement in sport and exercise psychology may use this title. Encouragingly, we are one of only seven areas of psychology that have been endorsed in the new scheme: sport & exercise, clinical, counselling, forensic, clinical neuropsychology, organisational, and educational & developmental psychology.

With the endorsement of specialist title 'sport and exercise psychologist' made official by the PBA, the attention of the College of Sport Psychologists (Australian Psychological Society; APS) turned to considering the benefits of reflecting the newly endorsed specialist title in the name of our College. The College's national committee voted unanimously to support a change, and the motion for a name change was accepted unanimously by College members at the July annual general meeting (AGM). The motion was subsequently approved by the APS at its October AGM. As of October 16th, our College is known as the APS College of Sport and Exercise Psychologists (CoSEP).

In addition the introduction of nationally consistent standards for registration and accreditation, and the College name change, other notable highlights for 2010 include:

- a new Executive Committee as at July 2010 (see [http://www.groups.psychology.org.au/csep/office\\_bearers/](http://www.groups.psychology.org.au/csep/office_bearers/));
- 2 x CoSEP members worked at the Commonwealth Games with Australian teams – Prof. Peter Terry and Mr Jeff Bond; and
- outgoing chair of CoSEP, Mr Tim Hannan, was elected to the APS Board.

## NAMES IN THE NEWS

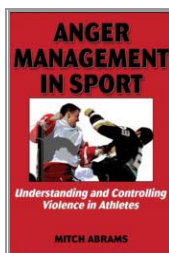
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*Gloria Balague* is the President-Elect of the Division 47 (Exercise and Sport Psychology) of the American Psychological Association (APA). Website: [www.apa47.org](http://www.apa47.org).

*Robert Vallerand* is the President-Elect of the International Positive Psychology Association (IPPA). Website: [www.ippanetwork.org](http://www.ippanetwork.org).

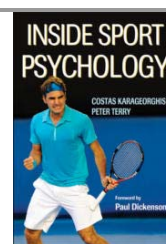
The first year of the *European Masters Programme in Sport and Exercise Psychology* (EMSEP) has been successfully launched. The EMSEP program, selected as Erasmus Mundus Programme and funded by the European Commission, is offered jointly by four European universities. A total of 20 students, currently at their home universities: University of Jyväskylä (Finland), University of Lund (Sweden), and University of Thessaly (Greece) will meet during their common period of studies abroad at the University of Leipzig (Germany). In addition to the teaching staff from the home universities, the program will include this year the following scholars: *Albert Carron, Dan Gould, Harold Riemer, Hülya Aşçı, Judy Van Raalte, Nikos Chatzisarantis, Robert Weinberg, Tony Morris, and Vanessa Shannon*

## NEW PUBLICATIONS



Abrams, M. (2010). *Anger Management in Sport. Understanding and Controlling Violence in Athletes*  
[www.humankinetics.com](http://www.humankinetics.com)

Karageorghis, C. & Terry, P. (2011). *Inside Sport Psychology*  
[www.humankinetics.com](http://www.humankinetics.com)

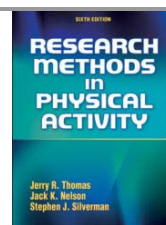


Hanrahan, S. & Andersen, M. (2010). *A Comprehensive Guide for Students and*

Practitioners [www.psypress.com](http://www.psypress.com)

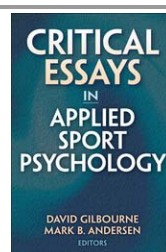
Thomas, J., Nelson, J. & Silverman, S. (2010). *Research Methods in Physical Activity*, (6th Edition).

[www.humankinetics.com](http://www.humankinetics.com)



Gilbourne, D. & Andersen, M. (2011). *Critical Essays in Applied Sport Psychology*.

Coming in June 2011 !  
[www.humankinetics.com](http://www.humankinetics.com)



## FORTHCOMING MEETINGS/CONFERENCES

**March 25 - 26, 2011, Philadelphia, US.**

13th Annual Northeast Atlantic Sport Psychology Conference (NASP) to be held at Temple University. Keynote speaker will be David Yukelson

Visit: [www.naspconference.org](http://www.naspconference.org)

**April 7 - 9, 2011, Vuokatti, Finland.**

International Congress on Enhancement of Physical Activity of Children and Youth (ICEPA) to be held at the Vuokatti Sports Institute, Finland. Keynote speakers on sport and exercise psychology are: Professor Stuart Biddle (Loughborough University, UK) "Move more, sit less! How might we increase physical activity and reduce sedentary behaviour in young people?", and Professor David A. Rowe (University of Strathclyde, Scotland) "Fitness, fatness, or physical activity – what should be our focus?"

Visit: [www.icepa.fi](http://www.icepa.fi)

**April 12 - 13, 2011, Chester, UK.**

Annual Student Conference of the British Association of Sport and Exercise Sciences (BASES) "Integrations and Innovations: An Interdisciplinary Approach to Sport and Exercise Science" to be held at the University of Chester, UK.

Visit: [www.chester.ac.uk/bases](http://www.chester.ac.uk/bases)

**June 9 - 11, 2011, Burlington, VT.**

Annual Conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) to be held in Burlington Vermont.

Visit: [www.naspspa.org/about-the-conference](http://www.naspspa.org/about-the-conference)

**July 6 - 9, 2011, Liverpool, UK.**

16<sup>th</sup> Annual Congress of the European College of Sport Science (ECSS) "New Horizons in Sport Sciences" to be held in Liverpool, UK.

Visit: [www.ecss-congress.eu/2011/](http://www.ecss-congress.eu/2011/)

**July 12 - 17, 2011, Madeira, Portugal.**

13<sup>th</sup> Congress of the European Federation of Sport Psychology (FEPSAC) "Sport and Exercise Psychology: Human Performance, Well-Being and Health" to be held in Madeira Island, Portugal. Keynote speakers: Sheldon Hanton (UK), Margarida Matos (Portugal), Anne Marte Pensgaard (Norway), Elisabeth Rosnet (France), and Andrew Sparkes (UK).

Visit: [www.fepsac2011madeira.com](http://www.fepsac2011madeira.com)

**September 6 - 8, 2011, Essex, UK.**

Annual Conference of the British Association of Sport and Exercise Sciences (BASES) "Fatigue: An interdisciplinary approach" to be held at the University of Essex, UK.

Visit: [www.essex.ac.uk/conferences/bases2011/](http://www.essex.ac.uk/conferences/bases2011/)

**September 20 - 24, 2011, Honolulu, HI.**

Annual Conference of the Association for Applied Sport Psychology (AASP) to be held in Honolulu, Hawaii.

Visit: [www.appliedsportpsychology.org/conference](http://www.appliedsportpsychology.org/conference)

**October 11 - 13, 2011, Jyväskylä, Finland.**

3<sup>rd</sup> Science for Success Congress organized by the KIHU- Research Institute for Olympic Sports to be held in Jyväskylä, Finland.

Visit: [www.kihu.fi/sfs3/](http://www.kihu.fi/sfs3/)

The Annual Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP), organized in conjunction with the Science for Success Congress, will also be held in Jyväskylä.

Visit: [www.enyssp.org](http://www.enyssp.org)

**November 11 - 14, 2011, Taipei, Taiwan.**

6<sup>th</sup> Asian-South Pacific Association of Sport Psychology International (ASPASP) Congress "Turning a new page: a refreshing look at sport and exercise psychology from an Asian perspective" to be held in Taipei, Taiwan. Keynote speakers include: Bert Carron (Canada), Bruce Abernethy (Hong Kong), Ernest Hung (Taiwan), Jayashree Acharya (India), Jean Cote (Canada), Likang Chi (Taiwan), Richard Ryan (USA), and Yeou-Te Liu (Taiwan)

Visit: [www.aspasp2011.com](http://www.aspasp2011.com)

# DIVISION 12 EXECUTIVE OFFICERS

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