



FEPSAC Newsletter

Xavier Sanchez*, Julian Fritsch

European Federation of Sport Psychology (FEPSAC), UK

Welcome to this issue of the FEPSAC Newsletter – *Fédération Européenne de Psychologie des Sport et des Activités Corporelles* (European Federation of Sport Psychology).

FEPSAC 2015 Awards

During the 14th European Congress of Sport Psychology held in Bern, Switzerland (14–19 July 2015), Professor Roland Seiler, University of Bern, was bestowed the statutory Honorary Membership during the General Assembly. The Honorary Membership is a major honor, awarded for life and aimed at acknowledging the significant contribution of the honorary member (a) to the attainment of the goals and the advancement of FEPSAC and/or (b) for rendering outstanding service to sport and exercise psychology in Europe. Furthermore, the Ema Geron Award was presented to Professor Dorothee Alfermann, University of Leipzig, Germany and Professor Claudio Robazza, University “G. d’Annunzio” of Chieti-Pescara, Italy for their exceptional national contribution to the development of sport and exercise psychology. Nominations for both honorary membership and Ema Geron Award can be submitted to the secretary-general by either (a) group members, (b) the Managing Council, or (c) the Past-Presidents Council. For the former, nominations are evaluated by the Honorary Membership Committee, which is chaired by the president’s appointee and consists of the president and members of the Past Presidents’ Council of FEPSAC. For both awards, the Managing Council formulates the final decision on acceptance or rejection of the nominee during its last full meeting before the European Congress of Sport Psychology.

News from FEPSAC

We are happy to announce that a new FEPSAC book edited by Markus Raab, Paul Wylleman, Roland Seiler, Anne-Marie Elbe and Antonis Hatzigeorgiadis *Sport and Exercise Psychology Research: From Theory to Practice* will appear in Elsevier in the Summer 2016. The book provides a comprehensive summary of latest research in sport and exercise psychology; encompassing theory, research and applications, the book is organised in several themed sections. Section 1 discusses basic antecedents to performance including

fitness, practice, emotion and team dynamics amongst other. Section 2 identifies factors influencing individual performance. Section 3 discusses applied sport psychology for athletes and coaches, and section 4 includes approaches from exercise psychology on motivation and well-being.

Forthcoming events

The PhD course titled “*The integrative role of sport – What can research contribute?*” will take place at the University of Copenhagen, Denmark (7th November – 11th November 2016). The aim of the course is to provide PhD students with more in-depth knowledge about research on how sport can promote integration (e.g., amongst migrants, older adults, disabled individuals, gender issues). Furthermore, participants will gain practical experience on how to prepare manuscripts for publication and the ins and outs of the submission process. What editors and reviewers expect from submitted manuscripts will be addressed, too. Students will also have the opportunity to network with international students and experts. The course provides a space to exchange ideas and knowledge about research methods related to the course topic, enabling communication, networking and cooperation amongst all participants. The invited lecturers in this course are Sine Agergaard (Aarhus University, Denmark), Antonis Hatzigeorgiadis (University of Thessaly, Greece), Dominic Malcolm (Loughborough University, UK), Xavier Sanchez (University of Cumbria, UK), Brett Smith (University of Birmingham, UK), and Anne-Marie Elbe, Adam Evans and Gertrud Pfister (University of Copenhagen, Denmark). More information can be requested from the course organizer Anne-Marie Elbe (amelbe@nexs.ku.dk).

The 12th Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP) will take place in Warsaw, Poland (21st and 22nd October 2016) under the theme “Professional development: Where can you take sport and exercise psychology?”. Young scientists and practitioners are invited to participate by submitting short oral presentations, applied sport psychology workshops, and posters (with a £50 Routledge® prize). Furthermore, two keynotes are scheduled including current FEPSAC MC member Dr. Maurizio Bertollo, Associate Professor at the University of Chieti-Pescara (Italy) and Professor Jan Blecharz, sport psychologist and researcher at the University of Krakow (Poland). The workshop is organised by Malgorzata Slawinska and Grzegorz Wieclaw (two graduates of the European Master in Sport and Exercise Psychology, EMSEP), and Agata Kuczynska and Karolina

* Corresponding author.

Chlebosz – in collaboration with the University of Humanities and Social Sciences. Further information on ENYSSP website.

Master programmes in Sport and Exercise Psychology

The University of Thessaly in Greece offers a “European MSc in Sport and Exercise Psychology”. The two-year English programme starting in September will prepare students for both academic and applied fields. Furthermore, students who complete successfully one semester at the University of Jyväskylä (Finland) will be awarded a double degree. The application deadline for this year is the 27th of May 2016. Further information at <http://postgrad.pe.uth.gr/pse/index.php/en/>.

The German Sport University Cologne has launched the new MSc “Psychology in Sport and Exercise”. The programme is in English and begins in October. In four semesters, 11 modules will be taught, comprising aspects of psychology, sport and health from an international perspective and providing the students with the necessary academic knowledge and foundational skills in research and applied fields. Students can apply as from the 1st of June (until the 15th of July). Further information available at <https://www.dshs-koeln.de/studium/studienangebot/master/msc-psychology-in-sport-and-exercise/>.

20th Intensive Course in Sport and Exercise Psychology hosted in Trikala, Greece

By Thierry Middleton, Rolf Drenthe, Marina Pavelic and Iita Pienimäki (University of Jyväskylä, Finland), and Gautam Kumar and Asger Ravn Nissen (University of Amsterdam, The Netherlands).

In the last week of January, 40 students from 22 countries and 8 different universities traveled to Trikala, Greece to take part in a one of a kind educational experience. Twenty years after the first Intensive Course (IC) of the European Masters in Sport and Exercise Psychology took place in Leuven, Belgium, Professor Papaioannou and his colleagues at the University of Thessaly’s School of Physical Education and Sport Science organised an exceptional course by bringing together some of the top-researchers and practitioners of Sport and Exercise Psychology in Europe. The result was a wide variety of topics being presented and discussed throughout the week. This provided a forum for the group of young experts within

the field to ask questions and initiate discussions creating an intellectually-stimulating experience for both students and professors.

Top researchers and practitioners were invited to teach the students about recent insights in sport and exercise psychology. The lecture topics ranged from life-skills training to exercise addiction and the students were encouraged to stimulate discussions during sessions. This open environment created many intellectual conversations and inspired students to learn more about recent topics in the field of sport and exercise psychology. Their shared experiences were invaluable to those just beginning their careers in applied sport and exercise psychology work.

In addition to the lectures, the IC programme also included events outside the classroom. For instance, an official event organised by the University of Thessaly staff consisted of a Greek cultural night on Tuesday evening and a trip to Meteora, one of the largest and most important complexes of the Eastern Orthodox monasteries. The Greek cultural night began with a town hall meeting at which two major projects, which include the involvement of the University of Thessaly as well as the municipality of Trikala, were presented to students and rest of participants attending the event. This was followed by an evening of traditional Greek food, music and dance. This experience allowed students and professors to meet in an informal setting.

Looking back on the course we are all so grateful to have taken part in such a wonderful and rewarding journey. In particular, we have been greatly inspired by fellow students and teachers. The relationships forged during this week helped us to establish a network of fellow students and teachers in the same field of expertise worldwide. Finally, we would like to give our thanks and appreciation to the University of Thessaly; they did an outstanding job by hosting this event and made all of us feel very welcome indeed. Last but not least, we would like to express our gratitude to all the lecturers and presenters who provided us with an inspiring learning experience.

On behalf of the MC, we would like to thank all those who contributed to the making of this Newsletter. We look forward to receiving more contributions for forthcoming Issues so do not hesitate to send them by email to office@fepsac.com.

Xavier Sanchez (University of Cumbria, Lancaster, UK)

Julian Fritsch (University of Thessaly, Greece, and University of Copenhagen, Denmark)