

# Introduction

Antonis Hatzigeorgiadis\*

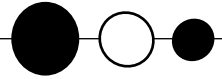
University of Thessaly

Department of Physical Education & Sport Sciences

\* [ahatzi@pe.uth.gr](mailto:ahatzi@pe.uth.gr)

**WELCOME**

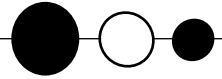
# Lab of Exercise Psychology & Quality of Life



## Members of the Lab

- **Yannis Theodorakis, Professor (Founding Director)**  
Vice Rector – University of Thessaly 
- **Athanasios Papaioannou, Professor (Former Director)**  
Director EMSEP / Former Vice President International Society of Sport Psychology 
- **Antonis Hatzigeorgiadis, Professor (Current Director)**  
Director MPPES, Former Managing Council European Federation of Sport Psychology 
- **Goudas Marios, Professor**  
Board of School of Physical Education & Sport Science 
- **Nikos Digelidis, Professor**  
Head of Department of Physical Education & Sport Science 
- **Nikos Comoutos, Professor**  
Member of the Managing Council of the International Society of Sport Psychology 

# Lab of Exercise Psychology & Quality of Life



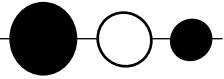
## Lab Staff

- **Mary Hassandra**, Assistant Professor
- **Haralampos Kromidas**, Assistant Professor
- **Ioannis Morres**, Assistant Professor
- **Enangelos Galanis**, Assistant Professor
- **Nadia Filippou**, Member of Teaching and Research Staff
- **Asterios Patsiaouras**, Member of Teaching Staff



# Lab of Exercise Psychology & Quality of Life

---



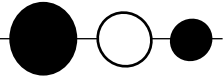
## Areas of Focus - Research

### Physical Education & Youth Sport

- Promotion of Physical Activity
- Motivation
- Life Skills
- Pedagogical Approaches

# Lab of Exercise Psychology & Quality of Life

---



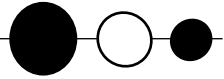
## Areas of Focus - Research

### Exercise and Health

- Exercise and Mental Health
- Exercise for Clinical Populations
- Depression
- Obesity
- Smoking and Addictions

# Lab of Exercise Psychology & Quality of Life

---



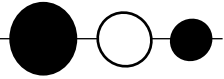
## Areas of Focus - Research

### Performance

- Self-Talk
- Psychological Skills Training
- Attention and Concentration
- Motivation

# Lab of Exercise Psychology & Quality of Life

---



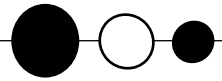
## Areas of Focus - Research

### Social Mission of Sport

- Social Integration – migrants/refugees
- Multicultural Physical Education
- Inclusion and Equity



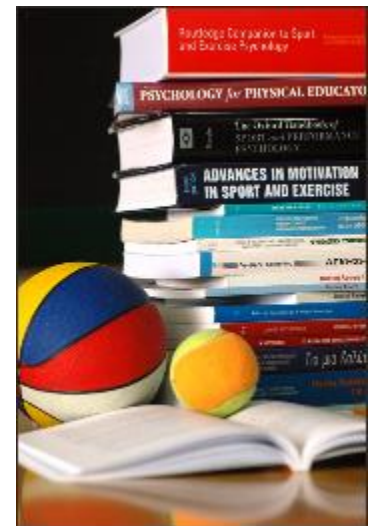
# Lab of Exercise Psychology & Quality of Life



## Books

Over 35 titles (English and Greek)

- Physical Education / Curriculum
- Exercise
- Sport



Part I

Module outline

Part II

Introduction to Exercise and Sport Psychology

Part I

Module outline

# Module Outline

## Lesson plan

- interaction

- questions – answers

- activities

## Assignments

- article presentation

- applied exercises

- review presentation

# Module Outline

Lesson plan

No authorities

No single truth

Areas of expertise

Approaches to what exist – happens

Personal Work

## Interaction

I ask – You discuss – We discuss

You ask – We discuss – I answer (if I can)

# Module Outline

## Assignments

Article presentation (20%)

6-7 minutes

2-3 students per session

Applied exercises (40%)

homework on the application of the theories

Presentation of Literature review (40%)

15 minutes

# Assignments

Research article presentation (20%)

- Presentation 6-7 minutes of a research article of your choice.
- Each week 3-4 students present a paper related to the topic of the previous week.

# Module Outline

Assignments – paper presentation (20%)

Find a paper

Read the paper carefully

Select the information to be included

Prepare the presentation

- introduction

  - background & importance

  - purpose

- methods

  - participants

  - instruments

  - procedures

- results

  - main findings

- conclusions

**REHEARSE**



# Module Outline

Assignments – Applied Exercises (40%)

3 exercise of approximately 1200 words each

(self-esteem, self-determination, anxiety, team dynamics, leadership)

- read the appropriate class material
- design a list of question to address the issues
- try to answer these questions yourself to test whether the responses cover the issues under consideration and the respective theories.

For each topic choose a different person and try to develop an in-depth discussion so that you collect enough information.

In your report present the issues that were discussed and how they can be interpreted based on theory (do not report questions/answer in an interview-like format).

# Module Outline

Presentation of literature review (40%)

- Choose a topic relevant to the course
- Research focus (no theory).

Introduce the topic and its importance.

Identify the research questions and the methodologies

Present the most relevant and representative studies

Conclude with a critical comment

# Module Outline

## Presentation assessment

50% content (appropriateness – efficiency of content)

30% presenter (readiness, knowledge, preparation)

20% presentation (presentation of content)

## Content of the presentation will be assessed as follows:

- 10% introduction – importance of topic
- 20% research questions - methodological approaches
- 50% choice of studies –cohesion of text
- 10% conclusions
- 10% writing style – overall impression

# Assignments

## Presentation of literature review – Instructions

present key findings

know what you are talking about

visibility of presentation

slide structure

slide information

rehearse

time your presentation

posture – gestures

rhythm

tone regulation

**REHEARSE – REHEARSE – REHEARSE**

# Survival tips

How to read

Read theory – Textbooks – Book chapters

Read review papers

Read research papers

Read research methods

- Do not use translation software

- Do not try to translate individual words

- Try to make sense of sentences

- Make meaningful use of dictionary

- Discuss with classmates

- Ask

# Survival tips

How to write

Read first

Read more

Design the structure of text – put headings and subheadings

Try to complete each section

Write words - sentences

Develop these sentences into paragraphs

Connect the paragraphs

Connect the sections

**READ WHAT YOU WRITE** – if you cannot understand, nobody can!

Make corrections

**READ AGAIN**

## Part II

# Introduction to Exercise & Sport Psychology

# Introduction to Exercise & Sport Psychology

The application of Psychology to the field of Sport and Physical Activity

The scientific study of people and their behaviours in sport and exercise contexts and the practical application of that knowledge (Gill, 2000)

## Cognition – Behaviour – Affect

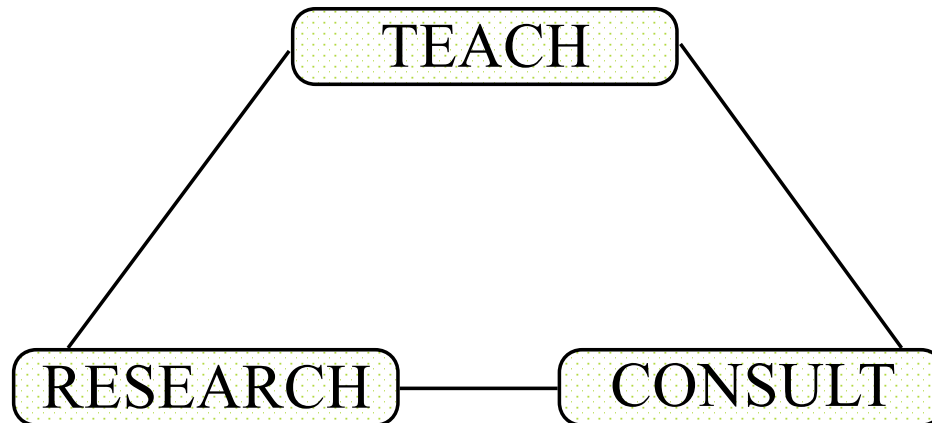
### Objectives

- (a) understand how psychological factors affect an individual's physical performance
- (b) to understand how participation in sport and exercise affects a person's psychological attributes and growth



# Introduction to Exercise & Sport Psychology

## The roles of Sport Psychologists



## Specialties

Clinical Sport Psychologist

Educational Sport Psychologist

# History of Exercise & Sport Psychology

It is not a new field – history of approximately 100 years

Its roots are in physical education and coaching

Early research on cycling and audience effects by Norman Triplett in 1897

G. Stanley Hall reported on benefits of physical education in 1908

Coleman Griffith has a sport psychology lab at University of Illinois in 1925. He studied personality, motor learning and motivation and also served as a consultant to major league baseball.

For more information see

Foundations of Sport and Exercise Psychology (4<sup>th</sup> edition)

Handbook of Research in Sport Psychology (1<sup>st</sup> edition)

Handbook of Sport Psychology (2<sup>nd</sup> edition)

Sport & Exercise Psychology Research: From Theory to Practice

# **Domains of Exercise & Sport Psychology**

Psychology of Sport Performance

Psychology of Exercise and Physical Activity

Psychology of Physical Education

# **Domains of Exercise & Sport Psychology**

Psychology of Sport Performance

Enhance performance

Enhance psychological skills

Perform consistently up to potential

# Domains of Exercise & Sport Psychology

## Psychology of Sport Performance

How can we improve performance?

Psychological skills training can improve elements of task execution

- skill acquisition
- attention control
- imagery
- self-talk

The role of the coach

- improve learning
- effective coaching
- leadership

Group dynamics

- team building
- group cohesion
- communication

# Domains of Exercise & Sport Psychology

## Psychology of Sport Performance

How can we enhance psychological skills?

Psychological skills training can improve mental skills (e.g. motivation, commitment, confidence, coping)

- goal setting

- relaxation techniques

- imagery

- self-talk

The role of the coach

- motivational climate

- leadership

# Domains of Exercise & Sport Psychology

## Psychology of Sport Performance

How can we perform up to potential?

Psychological skills training can improve performance consistency

attention control

relaxation techniques

imagery

self-talk

performance routines

The role of the coach

effective coaching

cohesion

# **Domains of Exercise & Sport Psychology**

## **Psychology of Exercise and Physical Activity**

Get people physically active

Life-span development

Quality of life



# Domains of Exercise & Sport Psychology

## Psychology of Exercise and Physical Activity

How can we help people get physically active and adopt healthy lifestyle

- behavioural regulation
- intrinsic motivation
- achievement motivation
- self-determination
- exercise adherence
- health education
- effective promotion
- effective programs

How can we improve quality of life

- health promotion
  - middle-aged populations
  - elder populations
  - exercise for the physically ill
  - exercise for the mentally ill

# **Domains of Exercise & Sport Psychology**

## **Psychology of Physical Education**

Enhance the benefits of physical education

Get children active

Teach children to adopt a healthy life-style

Build character

# Domains of Exercise & Sport Psychology

## Psychology of Physical Education

How can we get children to like physical education and exercise

- achievement motivation
- intrinsic motivation
- motivational climate
- behavioural regulation
- enjoyment
- health education

How can we enhance the effectiveness of physical education

- teaching styles
- effective teaching
- physical education curriculum

How can we build character

- moral development
- moral values
- moral behaviour
- life skills

# Research in Exercise & Sport Psychology

## **Quantitative research**

Descriptive

Correlational

Experimental

Intervention

## **Qualitative research**

Case studies

Life histories

# Organizations

International Society of Sport Psychology (ISSP)

European Federation of Sport Psychology (FEPSAC)

Association of Applied Sport Psychology (AASP)

Hellenic Society of Sport & Exercise Psychology (Εταιρία Ψυχολογίας της Άσκησης και του Αθλητισμού)



# FEPSAC Journal & Books



**Psychology of Sport & Exercise** (Academic Journal)

One of the highest Quality Sport Psychology Journals

**Sport and Exercise Psychology Research: From Theory to Practice**  
(2016)

**Psychology of Physical Educators: Students in Focus** (2007)

**European Perspectives on Exercise and Sport Psychology** (1995)

# FEPSAC Congress

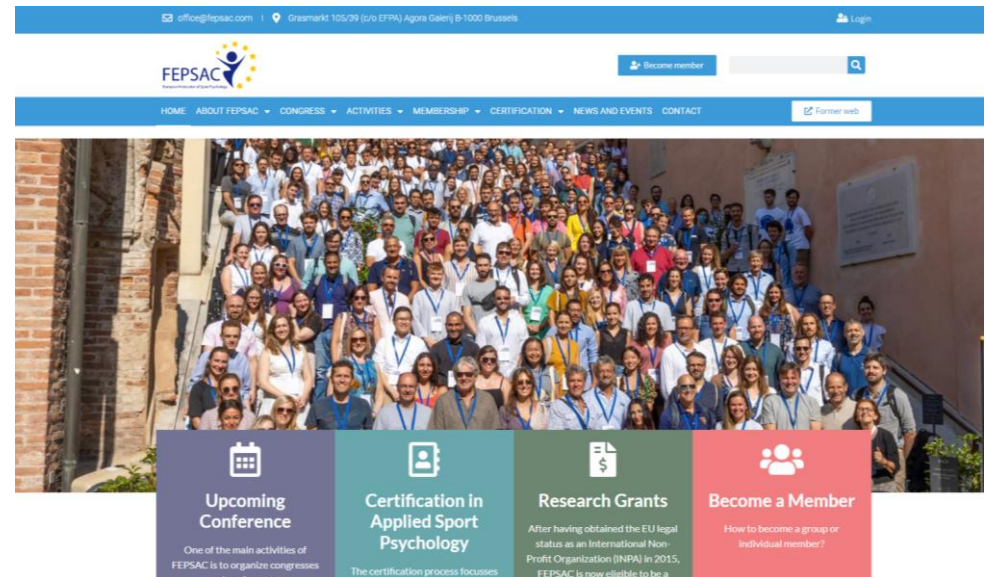


Every two years

- 1968 in Varna, Bulgaria

....

- 2007: Halkidiki, Greece
- 2011: Madeira, Portugal
- 2015: Bern, Switzerland
- 2019: Münster, Germany
- 2022: Padova, Italy
- 2024: Innsbruck, Austria





# Members



Group members:

- National Sport Psychology Societies
- Other Groups interested in Sport Psychology

Individual members:

- Sport Psychologists
- Coaches
- Academics
- Students

# Certification



The FEPSAC MC has established the European certification

***“Specialists in Applied Sport Psychology (SASP-FEPSAC)”***

**Nollaig Mac Carthy**  
Sport & Performance Psychologist  
Founder of MindFit

Nollaig has a first class European MSc double degree in Sport & Exercise Psychology from the University of Thessaly (Greece) and the University of Jyväskylä (Finland), a MSc in Health Psychology from the University of St Andrews (Scotland) and a BSc in Psychology from Ulster University (N. Ireland). She is a certified specialist in applied sport psychology by the European Federation of Sport Psychology (SASP-FEPSAC). Her research in psychological coping has been published in the Journal of Physical Activity, Nutrition & Rehabilitation.

Nollaig has worked with first division football teams in Greece, amateur and elite athletes (sports, soccer, Gaelic football, long distance running, show-jumping, tennis, golf, swimming, jiu jitsu, basketball, darts, snooker and boxing), local and county GAA clubs and sports and business organisations in Ireland facilitating optimum performance, resilience and good mental health.

The profile card for Nollaig Mac Carthy features two small photographs. The top one shows her standing outdoors in a white t-shirt. The bottom one shows her sitting on a red running track, wearing a white t-shirt and dark shorts. The text is arranged in a clean, professional layout with a light background.

**Laur Nurkse**  
performance psychologist at Estonian Football Association  
Tallinn, Harjumaa, Estonia · [Contact info](#)

The profile card for Laur Nurkse features a circular portrait of him with a beard and short hair, wearing a dark shirt. The background of the card is a light blue gradient with a large, semi-transparent circle on the right side.

**BERNADETTE RAMAKER**  
SPORT & PERFORMANCE PSYCHOLOGIST

[MEER WETEN!](#)

The profile card for Bernadette Ramaker features a photograph of her in a gym setting, with her arms crossed. The text is overlaid on the image in a white, sans-serif font. A yellow button with the text 'MEER WETEN!' is located at the bottom left of the image.

# Join FEPSAC



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

Facebook:

Fepsac SportPsy

Twitter

[https://twitter.com/fepsac\\_mc](https://twitter.com/fepsac_mc)

<https://twitter.com/hashtag/fepsac>

- Learn first news of the field
- Suggest FEPSAC page to your colleagues

# Journals

## **Sport Psychology – general**

Psychology of Sport & Exercise (FEPSAC)

Journal of Sport and Exercise Psychology

Sport, Exercise and Performance Psychology

Journal of Applied Sport Psychology (AASP)

The Sport Psychologist

International Journal of Sport and Exercise Psychology (ISSP)

International Review of Sport and Exercise Psychology

Journal of Sport Psychology in Action

Journal of Clinical Sport Psychology

International Journal of Sport Psychology

# Journals

## **Sport Sciences – general**

Journal of Sports Sciences

Research Quarterly for Exercise and Sport

Medicine and Science in Sport and Exercise

Journal of Sport Behavior

European Journal of Sport Science

## **Sport Psychology / Sport Science / Psychology – themed**

Adapted Physical Activity Quarterly

Journal of Teaching in Physical Education

Mental Health and Physical Activity

Journal of Imagery Research in Sport and Physical Activity

Journal of Clinical Sport Psychology

Anxiety, Stress, and Coping

International Journal of Sport Science and Coaching

Measurement in Physical Education and Exercise Science

## **Psychology**

# Handbooks

Sport and Exercise Psychology Research: From Theory to Practice (2016)

Routledge International Handbook of Sport Psychology (2016)

Routledge Companion of Sport and Exercise Psychology (2014)

Oxford Handbook of Sport and Performance Psychology (2012)

...

Handbook of Research in Sport Psychology (1<sup>st</sup> edition)

Handbook of Sport Psychology (2<sup>nd</sup> & 3<sup>rd</sup> edition)

Foundations of Sport and Exercise Psychology (4<sup>th</sup> edition)

Advances in Motivation in Sport and Exercise

# Textbooks

The physical self

Group Dynamics in Sport

Social Psychology of Exercise and Sport

Sport Psychology: Concepts and Applications

Applied Sport Psychology: Personal growth to Peak Performance

Sport Psychology Interventions

Advances in Sport and Exercise Psychology Measurement

Handbook of Research in Applied Sport and Exercise Psychology

Clinical Sport Psychology

Sport Psychology for Coaches

...

# Journals

Αθλητική Ψυχολογία (ΕΑΨ)

Αναζητήσεις στη Φυσική Αγωγή και τον Αθλητισμό (ΠΘ)

Φυσική Αγωγή και Αθλητισμός (ΑΠΘ)

Άθληση και Κοινωνία (ΔΠΘ)

Hellenic Journal of Psychology (Ψυχολογική Εταιρία Βόρειας Ελλάδας)



# What Sport and Exercise Psychology ...

... means for you?

Your interests

Your expectations

Your questions to answer

Your future in S&E psychology

Research or Applied???