

BLENDING INTENSIVE PROGRAMME (BIP) 2024

Master Degree in Psychology or Human Movement Science

Sport mental training in Europe

Host institution:

Claude Bernard Lyon 1 University (France)

Partners institutions:

University "G. D'Annunzio" (UdA) of Chieti-Pescara (Italy), University of Extremadura (Spain), University of Gdańsk (Poland), Karlstad University (Sweden), Humboldt University of Berlin (Germany).

Staff:

- Emma Guillet Descas, Virginie Nicaise, and Guillaume Martinet from the Claude Bernard Lyon 1 University (France).
- Marika Berchicci from the University "G. d'Annunzio" of Chieti-Pescara (Italy).
- Francisco M. Leo, Juan J. Pulido, and Miguel A. López-Garjardo from the University of Extremadura (Spain).
- Dagmara Budnik-Przybylska, Maria Kaźmierczak, Jacek Przybylski from the University of Gdańsk (Poland).
- Henrik Gustafsson, Gabriella Torell Palmquist, and Stefan Wagnsson from the Karlstad University (Sweden)
- Franziska Lautenbach from the Humboldt University of Berlin (Germany)

Number of ECTS provided: 3

The focus will be on sport psychology, and, more specifically, mental training, described as "a training which consists in developing mental and cognitive skills with the objective of optimizing the personal or collective performance of athletes while promoting the pleasure of practice and autonomy" (Fournier, 2012). Psychological skills strongly contribute and influence performance.

This lecture program is organized around four main topics.

The first topic focuses on the engagement processes in athletes, coaches, and stakeholders, describing the theories and the antecedents, as well as the strategies and the scenarios used to optimize the engagement. Particular attention will also be devoted to the perspective on diversity and inclusion in sport.

The second topic focuses on psychological skills training, considering imagery, empathy, goal setting strategies, pre-performance routines, mental plans, and practical application of mental skills training.

The third topic deals with how different affective and emotional states impact sport performance and relevant aspects of sport performance, such as cognitive processes. Coping and emotional regulation processes, on an individual and interindividual level, will be explored theoretically and applied by focusing on emotional intelligence training.

The fourth topic deals with team dynamics and leadership development in athletes and coaches, considering antecedents and consequences of team resilience in collective sports, strategies, and applications to foster group processes and performance in sports teams.

Lectures will be delivered in English by lecturers from one of the universities participating in the BIP program. Lecturers are recognized experts in their field.

PROGRAM OVERVIEW

TOPIC 1 - Engagement process for athletes, coaches, and stakeholders.

- A) Theories of engagement (Emma Guillet Descas, France).
- B) Antecedents of the athlete engagement: coaches and parents' influence (Virginie Nicaise, France).
- C) Perspectives on diversity and inclusion in sport (Gabriella Torell Palmquist, Sweden)

TOPIC 2 - Psychological (mental) skills training

- A) Imagery in sport (Dagmara Budnik-Przybylska and Maria Kaźmierczak, Poland)
- B) Mental skills training (Jacek Przybylski, Poland)
- C) Developing pre-performance routines and mental plans (Henrik Gustafsson, Sweden) ONLINE

TOPIC 3 - Emotional process and techniques for emotion regulation

- A) Emotional processes and emotional regulation (Guillaume Martinent, France)
- B) Emotions, cognition and performance (Franziska Lautenbach, Germany) ONLINE
- C) Emotional intelligence intervention (Guillaume Martinent, France)
- D) Psychophysiology applied to emotional regulation in sport (Marika Berchicci, Italy) ONLINE

TOPIC 4 – Team dynamics and leadership development in athletes and coaches

- A) Group structure, group processes, and emerging states in collective sports (Francisco M. Leo, Spain)
- B) Leadership in sport teams (Juan J. Pulido, Spain) ONLINE
- C) Antecedents and consequences of team resilience in collective sports. (Miguel A. López-Garjardo, Spain)

PROGRAMME

FIRST SESSION (online): June 24-25th

June 24 th

h 10-12

- General information and presentation of the topics with reading and studying suggestions
- Group self-presentation (staff and students)

h 12-13

- Marika Berchicci (University of Chieti-Pescara): Psychophysiology applied to emotional regulation in sport

June 25 th

h 10-11

- Stefan Wagnsson (Karlstad University, Faculty of Arts and Social Sciences): Goal Setting

SECOND SESSION (in presence-Lyon): September 2-6th

Lessons and practical experience

September 2th

h12-14

- Welcome greetings and lunch.

h 14-18

TOPIC 1: Engagement process for athletes, coaches, and stakeholders.

- Emma Guillet Descas (France): Theories of engagement
- Virginie Nicaise (France): Antecedents of the athlete engagement: coaches and parents' influence
- Gabriella Torell Palmquist (Karlstad University, Sweden): Perspectives on diversity and inclusion in sport

September 3th

h 9-13

TOPIC 2: Psychological (mental) skills training

- Dagmara Budnik-Przybylska (University of Gdańsk, Poland): Imagery in sport

- Jacek Przybylski (University of Gdańsk, Poland): Mental skill training
- Henrik Gustafsson (Karlstad University, Sweden): Developing pre-performance routines and mental plans

September 4th

h 9-13

TOPIC 3: Emotional process and techniques for emotion regulation

- Emotional processes and emotional regulation (Guillaume Martinent, France)
- Emotions, cognition and performance (Franziska Lautenbach, Germany)
- Emotional intelligence intervention (Guillaume Martinent, France)

September 5th

h 9-13

TOPIC 4: Team dynamics and leadership development in athletes and coaches

- Francisco M. Leo (Spain): Group structure, group processes, and emerging states in collective sports
- Juan J. Pulido (Spain): Leadership in sport teams
- Miguel A. López-Garjardo (Spain): Antecedents and consequences of team resilience in collective sports

September 6th

h 9-13

- Group work on specific topics of the 4 slots
- Preliminary project work with students

h 14

Social event

THIRD SESSION (online): September 23th -24st

September 23th

h 4-6 PM

- Project presentations by students and discussion

September 24st

h 3-6 PM

- Project presentations by students and discussion
- Closing remarks

Final requirements/assessment:

- presence (at least 80% of the lesson hours)
- presentation of a project to be chosen in one of the four slots; make a ppt presentation lasting approximately 15 min.