



# European Master's Programme in Sport & Exercise Psychology

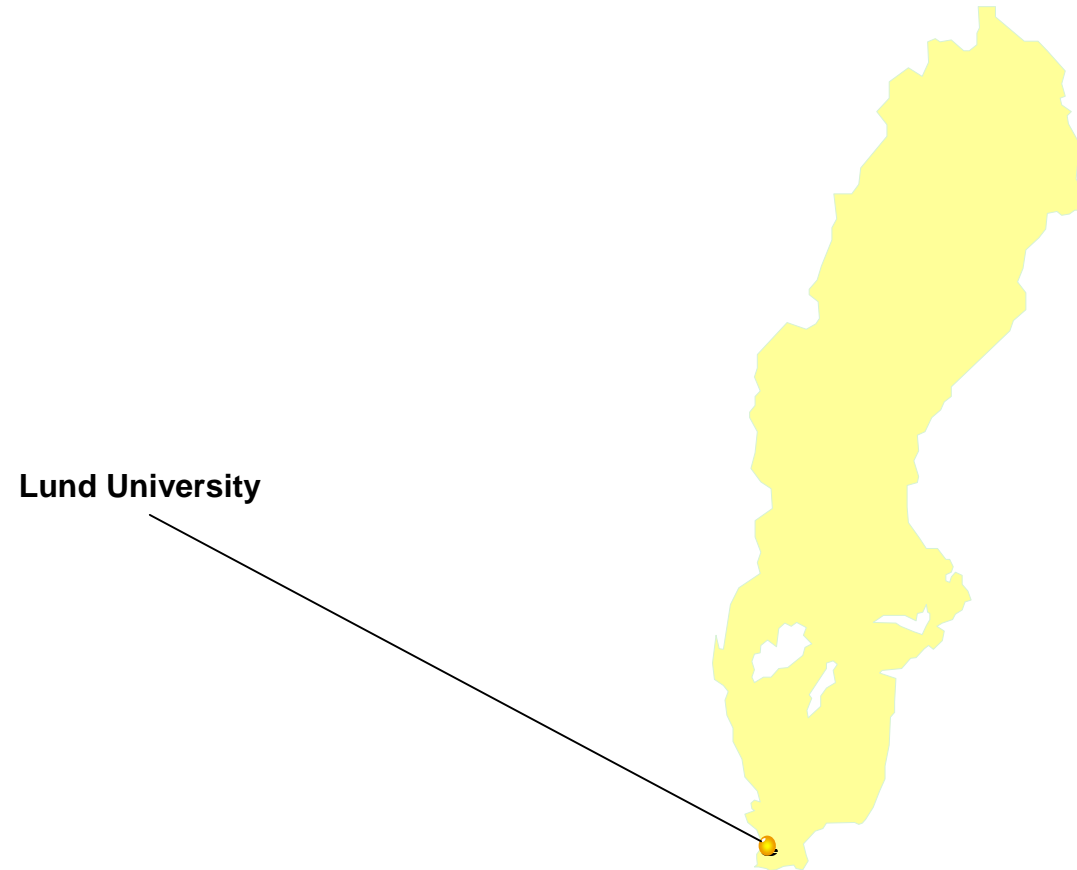
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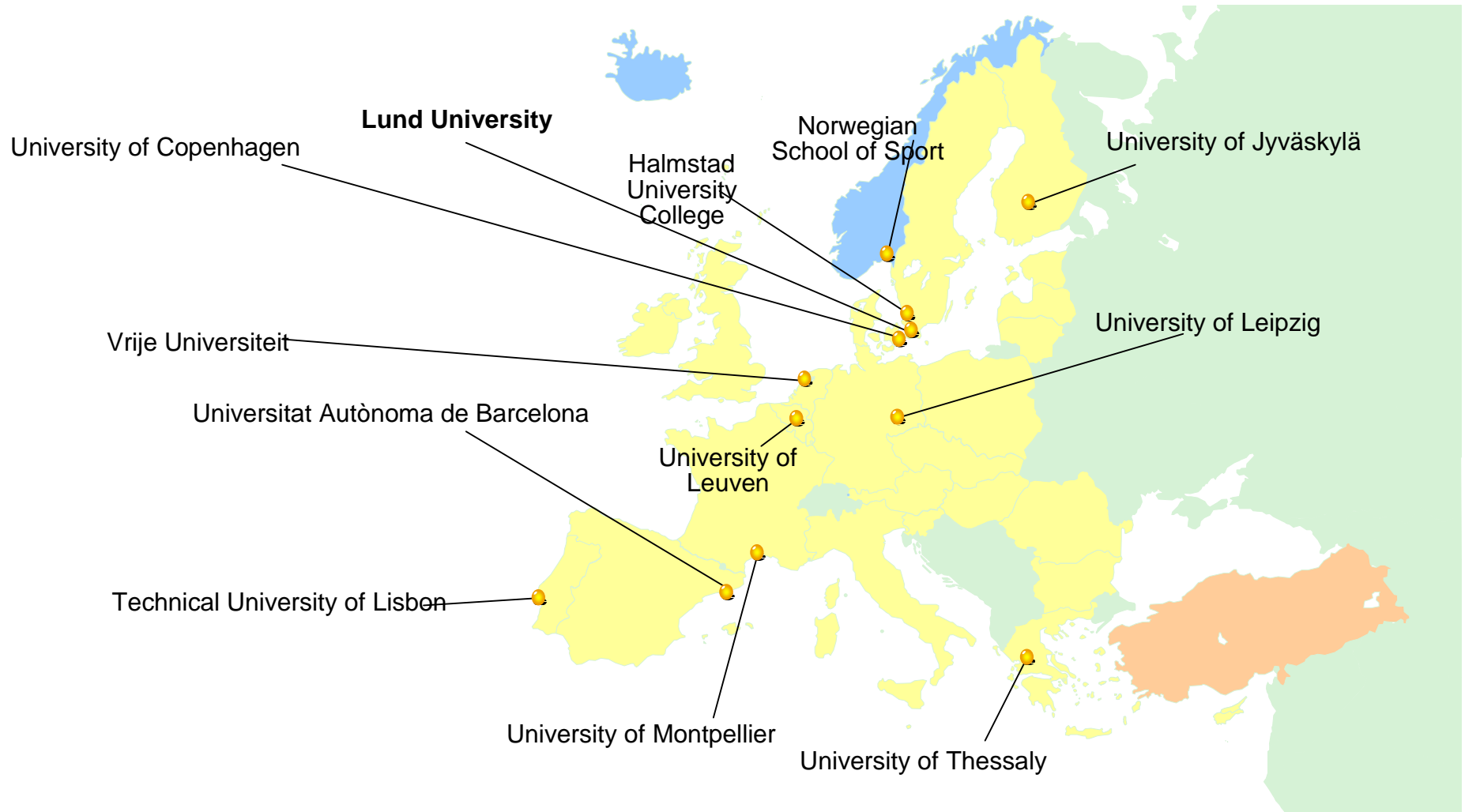
# Lund University



# Where in Sweden is Lund?



# Partners in IP



# History of the programme

1988 On the agenda of the FEPSAC MC

1992 accepted

Preparatory meetings:

1993 and 1995 Leuven

1994 Cologne

1994 Barcelona

1995 Amsterdam

1997 First IC - 12 students from 6 universities

Vanden Auweele, Y. (2003). Sport psychology and education. The European Masters in Exercise and Sport Psychology. In: E. Apitzsch and G. Schilling (Eds.) Sport Psychology in Europe. FEPSAC – An organisational Platform and a Scientific Meeting Point. FEPSAC Monograph Series n:o 2. pp. 38-48. Biel, Switzerland: FEPSAC.

# Network

12 European universities involved, 11 countries:

- Catholic University of Leuven, Belgium
- University of Copenhagen, Denmark
- University of Leipzig, Germany
- University of Thessaly, Greece
- Autonomous University of Barcelona, Spain
- University Montpellier 1, France
- Free University Amsterdam, The Netherlands
- Lisbon Technical University, Portugal
- Lund University, Sweden
- Halmstad University College, Sweden
- University of Jyväskylä, Finland
- Norwegian School of Sport Science, Oslo, Norway

# Aims

- To provide a top level European education in Sport and Exercise Psychology
- To develop a better understanding of Sport & Exercise Psychology mirroring cultural differences
- To provide the basis for an alumni programme

# Structure of the Curriculum

Semester I

Home University, common Introductory reading package

Semester II

February: Two-week Intensive Course  
'Away' University Period, 4-6 Months

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Semester III

Home university, dissertation, courses

Semester IV

Home university, dissertation, courses

# Contents

- Module 1: Distance Learning (DL)
- Module 2: Intensive Course (IC)
- Module 3: Class courses
- Module 4: Dissertation

# Credits Allocated

Common modules	<u>ECTS Credits</u>
• Distance Learning package	10
• Intensive Course	10
• Dissertation	23
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	Sub total = 43

Taught elements at home and away Universities:

- Exercise & Sport Psychology courses
  - Research Methods
  - Others
- Sub total = 17

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Total = 60 ECTS

# DL – Sport Psychology

- Talent detection and development
- Training
  - Skill acquisition, technique training
  - Training adherence, drop-out
  - Psychological training
- Competition
  - Psychological preparation for performance
  - Cognitive processes during the competition
  - Aggressive behaviour in competition
  - Psychological processes after the competition
- Problem situations
  - Drug abuse
  - Injuries and injury rehabilitation
  - Career termination / career transition
  - Sport teams
- Coach and coaching

# DL – Exercise Psychology

History of exercise psychology and the health benefits of exercise

Antecedents I: Determinants of exercise across the lifespan

Antecedents II: Motives and goals for physical activity and exercise.

Antecedents III: theoretical and composite models of exercise behaviour.

Outcomes I: non-clinical populations.

Outcomes II: clinical populations.

Outcomes III: Mechanisms.

Intervention strategies I: individuals.

Intervention strategies II: groups and communities

# Intensive Course (IC)

- The two-week IC is the core of the programme
- Students and teachers of the participating universities are working together
- Teaching provided by the leading experts in the field
- Intensive learning through lectures, demonstrations, workshops
- Learning intercultural skills



# IC Contents

- European Dimensions
- Sport & Fitness through the Lifespan
- Interventions
- Health and Well-being
- Assessment



# IC Contents 2007

## **Topic I: Personal growth**

- Exercise and the Self
- Coaching - a medium for learning & developing
- Eating Disorders in Sport
- Athletic Career Transitions
- Youth Sport: Assessment

# IC Contents 2007

## **Topic II: Performance enhancement**

- Motivation and Motivational Processes
- Consulting Olympic Athletes
- Relationship Coach-Athlete
- Instructing Mental Skills
- Psychological Prediction and Rehabilitation on Sport Injury

# IC Contents 2007

## **Topic III: Communal level learning**

- Team Dynamics
- Exercise and Teaching Social & Emotional Skills
- Delivering Sport Psychology Services in Europe
- Parents in Youth Sport

# Organisers and participants of the IC



- 1997 Leuven (12)
- 1998 Köln (16)
- 1999 Leuven (15)
- 2000 Lund (15)
- 2001 Oslo (18)
- 2002 Amsterdam (21)
- 2003 Jyväskylä (25)
- 2004 Barcelona (22)
- 2005 Halmstad (23)
- 2006 Leipzig (29)
- 2007 Trikala (21)
- 2008 Lisbon

# Participants by country

- 1) Belgium 66
- 2) The Netherlands 36
- 3) Sweden 24
- 4) Denmark 19
- 5) Finland 19

# Intensive Course

- On the average 21 students from 12 universities participate yearly
- 217 students have participated in the programme 1996-2007
- Has been a success measured by the feedback
- Has lead to creation of an active alumni association in the field, ENYSSP

# Funding

- IC's have been funded continuously since 1998
- Funding received to cover students' and teachers' travel & subsistence costs to IC
- Student exchange periods funded by Erasmus grants

# Evaluation 2007

Overall judgment (4.6)

Interesting part of the programme (5.0)

Sufficient prior knowledge (4.3)

Learning (4.3)

Relationship between theory and practice (3.5)

Social programme (4.2)

General administration (4.8)

Average judgment of teachers (3.8)

# Quotation

One student stated:

“The Intensive Course is like the optimal university, all the best professors and students in the same place”.

# Valorisation

- Feedback to all network universities
- Information at international congresses
- FEPSAC website
- ENYSSP (The European Network of Young Specialists in Sport Psychology)
- Requests from all over the world

# Aims of the ENYSSP

- \* To develop a common language and to give support in education, research and professional practice and service delivery to young people with official qualification or an interest in the field of Sport and Exercise Psychology.
- To give the young specialists an active role in Sport and Exercise Psychology.
- To fulfil the need of young specialists in Sport and Exercise Psychology.

# Conclusions

- The programme has been a success so far (feedback of the students and the teachers, success in studies - PhD's, employment of the students ...)
- The number of students is increasing
- The aim that the alumni should keep on communicating achieved through ENYSSP

# **Curriculum Development Project in Sport and Exercise Psychology (CDSEP)**

In the course of earlier cooperation the network has been able to identify the worldwide need for education and research in sport and exercise psychology.

Funding received from the European Commission for Curriculum Development for a three-year period 2005-2008.

The expected output is an integrated two-year Master's programme, which attracts also non-European students with its high quality of teaching.

# CD -funding

The coordinating institution received the major part of the funding for employing a person (academic planner) administering and guiding the project.

During the project there will be altogether eight coordinator meetings to plan and develop the cooperation.

The funding is distributed to the partners on the basis of their contribution, mainly for travel and subsistence expenses.

# The aims and main activities of the CDSEP-project

- Agreement of admission criteria
- Student selection
- Learning outcomes
- Intensive course
- Assessments
- Quality assurance mechanisms
- Didactic materials and methodologies
- Awarding of double degrees in the joint network

# Future plans:

- Double degrees (at least 30 ECTS offered in English)
- Developing common modules (e.g. IC)
- Increasing teaching in English
- Developing virtual courses for benefiting from other institutions' expertise
- Erasmus Mundus application 2009
- Possibly joint doctoral programme
- Quality assurance issues

# The network



Through the long cooperation the network has become a multicultural team highly motivated to proceed in the task to establish a Joint European Masters Programme in Sport and Exercise Psychology.

Thank you for  
your attention!