

UNIVERSITY OF THESSALY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE
MSc “PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORT”

INFORMATION ABOUT THE MODULE

1. **MODULE TITLE:** Practicum in Sport & Exercise Psychology Consulting
2. **MODULE CODE:** Practicum II
3. **MAIN LECTURER:**
4. **OTHER LECTURERS:**
5. **TEACHING MODE:** Consulting with clients, preparation time, meetings with supervisor
6. **MODULE ID:** Module of the 3rd semester

Module keywords: mental training to excellence, consulting skills/techniques, performance enhancement

7. AIM OF THE MODULE:

- To introduce students to professional consulting with exercisers, athletes, coaches, and/or teams.
- To complete between 300-400 hours of supervised experience working with sports' clubs, teams, individual athletes or exercisers and provide performance enhancement services under the supervision of certified consultants in the areas of competitive sports or health promotion.

8. LEARNING OUTCOMES:

At the end of this module students should have accomplished the following:

- Achieve a high level in each of the 5-phases consultant development process:
 - i. Establish rapport with clients (15%)
 - ii. Determine client needs and goals (20%)
 - iii. Devise approach to the situation needs/intervention plan (15%)
 - iv. Implement the intervention (35%)
 - v. Evaluate progress and develop future work plan (15%)

The percentages in parentheses give you an idea about how much of the total hours should be spent at each phase. However, each client has different needs and issues that ought to be taken into account when working.

- Refine key consulting skills: effective communication, effective listening, staying focused and in the present, stay positive, be committed to excellence

9. TEACHING METHOD:

200-400 hours of practical experience (i.e., preparation, consulting, and evaluation experience)

10. PLANNING:

- For every 3 hours of meeting with a client, a 1 hour meeting with the supervisor will be carried out.
- For every 1 hour of meeting with a client, it is expected to prepare for 3 hours (before and/or after)
- Plan to spend no more than 75% of practicum hours with 1 client
- For example, if you meet with clients for a total of 80 hours, with your supervisor for 30 hours and spend another 240 hours in preparation by yourself, you will accumulate 350 hours of supervised experience.
- All forms and procedures will be discussed and explained fully during the first class meeting

11. STUDENT EVALUATION:

- A log documenting all contact sessions.
- Protocols that include reflections and planning for all contact sessions.

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12. SUGGESTED READINGS

1. Halliwell, W., Orlick, T., Ravizza, K., & Rotella, B. (2003). Consultant's guide to excellence: For sport and performance enhancement. Chelsea, CA: Zone of Excellence.
2. Andersen, M.B. (2005). Sport Psychology in Practice. Champaign, IL: Human Kinetics.
3. Hill, K. L. (2000). *Frameworks for Sport Psychologists*. Champaign, IL: Human Kinetics.
4. Nesti, M. (2005). *Existential Psychology and Sport*. London: Routledge.
5. Journal of Excellence (1998 - 2006). Accessed at www.zoneofexcellence.ca/index.html
6. Journal of Applied Sport Psychology (1995 - today). Practitioners' corner
7. The Sport Psychologist (1994 – today). Professional practice articles
8. Journal of Sport Psychology in Action (2000- today).

13. COOPERATING CLUBS AND ORGANIZATIONS

SPORT CLUBS	Contact person*
Basketball	
AS Trikala	Agelou
Eolos	Tsimeas
Ikari	
Asteras Trikalon	Chatzis
Handball	
Dolopas Karditsas	Andreas
Biking	
Asklipios	Gratsanis
Gymnastics	
Achileas Trikalon	Kondev
Volleyball	
Asklipios	Kaminaris
Swimming	
ASET	Katsiampas
AKOT	Ikonomou
AET	Karaiskos
Posidonas	Sirmpas
Nireas	Trihia
Track & Field	
GS TRikalon	Soulas
GAS Trikalon	Kontonasios
REHABILITATION	
Rehabilitation Centre	Papas

* Contact details available on request