

**UNIVERSITY OF THESSALY**  
**Master of Science in PSYCHOLOGY OF EXERCISE**

**Information about the module**

1. **MODULE TITLE:** Practicum in Sport & Exercise Psychology Consulting
2. **MODULE CODE:** Practicum I
3. **TEACHING MODE:** Six 90 minutes workshops
4. **MODULE ID:** Module of the 2<sup>nd</sup> semester

**Module keywords:** Motivation, Anxiety, Self-confidence, Mood and Emotion, Arousal, Concentration

**5. AIM OF THE MODULE:**

The students will practice between them the application of psychological techniques that are required for working effectively with athletes and/or exercisers to prepare for the practicum that follows in the third semester. Furthermore, they will work towards reflecting and developing their personal approach to consulting with clients.

**6. LEARNING OUTCOMES:**

- The students should be comfortable applying the psychological techniques who are required to target a specific psychological skill.
- The students should be on their way to develop a personal approach and philosophy towards sport psychology consulting.

**7. STRUCTURE:**

Each session will guided by this schedule:

90min = 10min setting-up + **30min consultation (student 1) + 30min consultation (student 2)** + 20min discussion

Block	Method*	Techniques
1	Working on case studies	Need- Assessment
1	Working on case studies	Goal setting
2	Working on case studies	Relaxation
2	Working on case studies	Self-talk
3	Working on case studies	Imagery
3	Working on case studies	Routines

\* Supervised by: Terry-Ann Calandri, Sandy Vlachou, Nicol Chalavazi, Dimitris Georgantas

**8. TEACHING METHOD:**

Development of workshops, and application of techniques, led by the students.

**Seminars:**

The practicum seminar aims at preparing the students to work applied. For this, the students will pair up during class and fulfil two roles during the workshop (role-play of an applied session). On the one hand, the students will have to take up the role of a client, seeking services of a sport/exercise psychologist. On the other hand, the students have to take up the role of a sport/exercise psychologist who provides support to a client.

**Instructions:**

PREPARATION FOR THE FIRST BLOCK

1) The students have to create an athlete or exercisers case (role) and develop the role in detail to get a better understanding of the case and the client's issues, strengths and weaknesses, which helps the consultant who will work with this case to develop customized workshops. The students should be also able to play their developed case as an athlete or exerciser in a role-play (you can find examples of roles at the end of this document)..

2) Knowing the role of the fellow-student, the students conduct a **need-assessment**-session in the first block. This gives the students the possibility to make sure, that they understood their fellow-student's case and gain more in detail information about this case. This gives the students the possibility to modify and optimize the workshops for the following blocks.

### WORKSHOPS

1) The students team up with their fellow-students whose case they used for the workshop preparation.

2) The students will accomplish their workshops with their fellow-student. This plan and the material that will be used for the workshop has to be written down in a log and should be delivered at least **two days before the block**, in which the workshop takes place, to the supervisor.

3) At the end of each block the workshops will be discussed and experiences will be shared, about good and negative aspects. Furthermore, ideas will be generated to improve the students' skills and overcome possible barriers.

### EVALUATION AFTER THE BLOCKS

The students have to write a reflection about their workshop based on the discussion at the end of each block and their own perception. This reflection has to be send to the supervisor **within two days** after the completion of the block. The reflection should include: How did the students experience the workshop? Where is space for improvement? What would the student do different next time? How did you feel applying psychological techniques? What went well? What was difficult? (Important: you should not just describe what has happened in the sessions!!! the important aspect is to present your thoughts and feelings about the workshop).

## **9. STUDENT EVALUATION\*:**

- Exercise log and application of skills (pass – fail)
- Reflections on application of skills (pass – fail)

You should PASS all assignments to pass the module.

### ASSIGNMENTS TO HAND IN:

1. The detailed description of the case (**200-400 words; deadline: 2 days before the 1<sup>st</sup> block**)
2. The workshop-log: Description and guideline of their workshops, so that others can comprehend the implementation of the workshops. This also includes a description of the tools/instruments/exercises used by the consultant. (**6 Workshop-logs; deadline: 2 days before each block**)
3. Reflection of the workshops as a consultant including suggestions for improvement (**500-600 words for each workshop; deadline: 2 days after the completion of each block**)

KEEP THE DEADLINES!

## **10. CONTACT**

**Email addresses for the log and reflections:**

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[dgeorgantas@uth.gr](mailto:dgeorgantas@uth.gr);

### **Examples of Roles**

(these are just ideas to create your own roles)

- 1) A figure skater asks for your services since he/she has recently experienced an inability to do the final and most important jump in his/ her routine, although he/ she had successfully done this in previous competitions.
- 2) A sprinter asks for your services since he/she wants to improve his/ her 100m time to further qualify him for the nationals.
- 3) A basketball player asks for your services since he/she has issues converting free throws in competition in contrast to practice.
- 4) A tennis player asks for your services since he/ she wants to improve her backhand.
- 5) Following a missed penalty in an important game a football player expresses concerns with doing it again and asks for your services.
- 6) A middle-aged male/ female has been referred to you by his/ her physician who wants him/ her to lead a more active lifestyle in order to enhance his/ her physical condition.
- 7) A client with low self-esteem and body-image concerns has been referred to you by his/ her therapists.
- 8) A busy parent has requested your services to stick to their new year's resolution of getting more fit