

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
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 200-400 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:

- During each semester, 1 group meeting will be arranged at convenient times, when all students enrolled for practicum hours will meet and discuss their experiences.
- 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 26 hours and spend another 240 hours in preparation by yourself, you will accumulate 346 hours of supervised experience.
- All forms and procedures will be discussed and explained fully during the first class meeting

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11. STUDENT EVALUATION:

- Consultant’s log kept by supervisee before and after each meeting with client (30%) (see attached form)
- Self-evaluation of all experience(s) (20%) (turn in at end of practicum)
- Supervisor’s evaluation (30%) (on going during meetings and turned in logs)
- Clients’ evaluation (20%) (at end of practicum)

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

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
	GEAT Trikalon Deli
EXERCISE & RECREATION	
Exercise for all	Nakis
Elderly	Zisi
SCHOOLS	
All schools in Trikala	Hasandra
REHABILITATION	
Rehabilitation Centre	Papas

* Contact details available on request