

WELCOME

FEPSAC 2019

in Münster



Münster is the
most liveable city
world-wide!

15 TH
EUROPEAN
CONGRESS
OF SPORT &
EXERCISE
PSYCHOLOGY
MÜNSTER
GERMANY

50
15-20
JULY
2019
YEARS OF
FEPSAC

building the future of sport
& exercise psychology.

15th European Congress of Sport and Exercise Psychology

Building the future of sport and exercise psychology



50 years of FEPSAC

Münster 15.-20.07.2019



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The Muenster Team



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 MÜNSTER
 GERMANY


 15-20
 JULY
 2019
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Happy Birthday



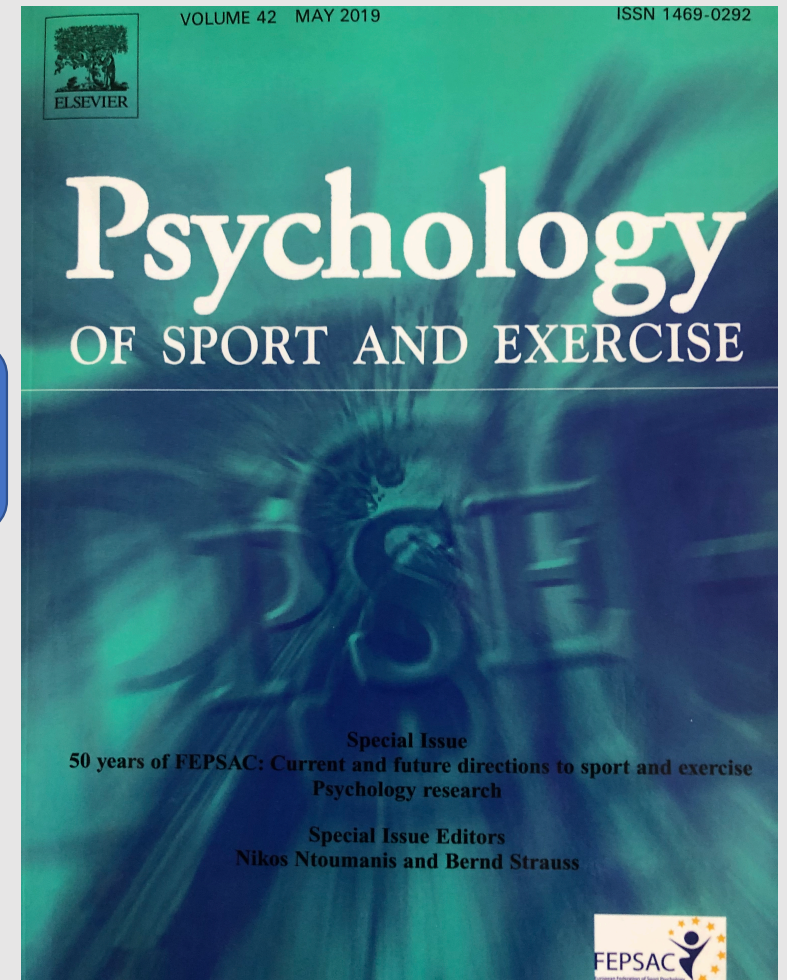
Congratulations from PSE and Elsevier

SPECIAL ISSUE, May 2019
17 state-of-the art reviews
3 Introductions/Editorials

FREE ACCESS on the PSE website,
May 1 – July 31



building the future of sport
& exercise psychology.



Download the event app now to get most from
your experience!



Scan QR Code or [click here](#) to install the APP.



Tap add '2019 FEPSAC' from the upcoming shows.

Login using following username and password:

Username *Please enter your email address*
Password *fepsac2019*

910 contributions in 139 sessions

e.g.

540	Orals
259	Posters
40	Gimme-5
20	Workshops
8	Panels
6	Keynotes



Competitions

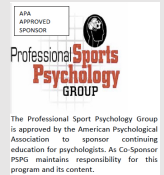
Science Slam:	Tue,	7pm, Vittel
YRA:	Wed,	4pm, Europe

see Program Book (pages 40-45)

6	Invited Sessions (ECSS, e.g.)
14	Featured Sessions
16	CE Credits avail. (AASP, asp, apa)
8	Closed Meetings



Sponsoring



Overall scientific

238 oral presentations

254 poster

56 Symposia

28 workshops

36 gimme 5

4 science slam

6 Pre Congress Workshops (mean 20 participants), 2 cancelled (open Science + scientific career)

6 keynotes

Societies – Invited Symposia

AASP

ECSS

ASPASP (I & II)

ENYSSP

ISSP

		MONDAY July 15, 2019		TUESDAY July 16, 2019		WEDNESDAY July 17, 2019		THURSDAY July 18, 2019		FRIDAY July 19, 2019		SATURDAY July 20, 2019			
TIME														TIME	
08:30 – 09:00		PARALLEL PRE-CONGRESS WORKSHOPS AND SYMPOSIA		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		COMMITTEE MEETINGS		08:30 – 09:00	
09:00 – 09:30				PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS				09:00 – 09:30	
09:30 – 10:00				PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS				09:30 – 10:00	
10:00 – 10:30				POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS				10:00 – 10:30	
10:30 – 11:00				POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS				10:30 – 11:00	
11:00 – 11:30				POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS				11:00 – 11:30	
11:30 – 12:00				POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS		POSTER SESSIONS				11:30 – 12:00	
12:00 – 12:30		KEYNOTE RYBA		KEYNOTE JACKSON		KEYNOTE AŞÇI		KEYNOTE MARCORA				DEPARTURE DAY		12:00 – 12:30	
12:30 – 13:00		BREAK		BREAK		BREAK		BREAK		12:30 – 13:00					
13:00 – 13:30		BREAK		BREAK		BREAK		BREAK		13:00 – 13:30					
13:30 – 14:00		OFFICAL CONGRESS START		BREAK		BREAK		BREAK		13:30 – 14:00					
14:00 – 14:30		PRE- CONGRESS- SYMPOSIA		PARALLEL CONGRESS SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS				14:00 – 14:30	
14:30 – 15:00		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS				14:30 – 15:00	
15:00 – 15:30		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS		PARALLEL SESSIONS				15:00 – 15:30	
15:30 – 16:00		BREAK		BREAK		BREAK		BREAK		BREAK				15:30 – 16:00	
16:00 – 16:30		OPENING SESSION/ WELCOME RECEPTION WHICH INCLUDES › WELCOME › KEYNOTE LECTURE SMITH › OPENING		GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE				16:00 – 16:30	
16:30 – 17:00				GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE				16:30 – 17:00	
17:00 – 17:30				GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE				17:00 – 17:30	
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19:00 – 19:30				GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE				19:00 – 19:30	
19:30 – 20:00		GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE		KEYNOTE MOORE		19:30 – 20:00			
20:00 – 20:30		GENERAL ASSEMBLY		PARALLEL SESSIONS		YOUNG RESEARCHER AWARD		KEYNOTE MOORE		CONGRESS CLOSING WITH DINNER		20:00 – 20:30			

Overall participants

843 participants

Gender balance 50-50 approx. (436-407)

27 accompanying persons

Several not counted day guests for the Openings (>20)

66 nationalities

137 Prof

300 PhD

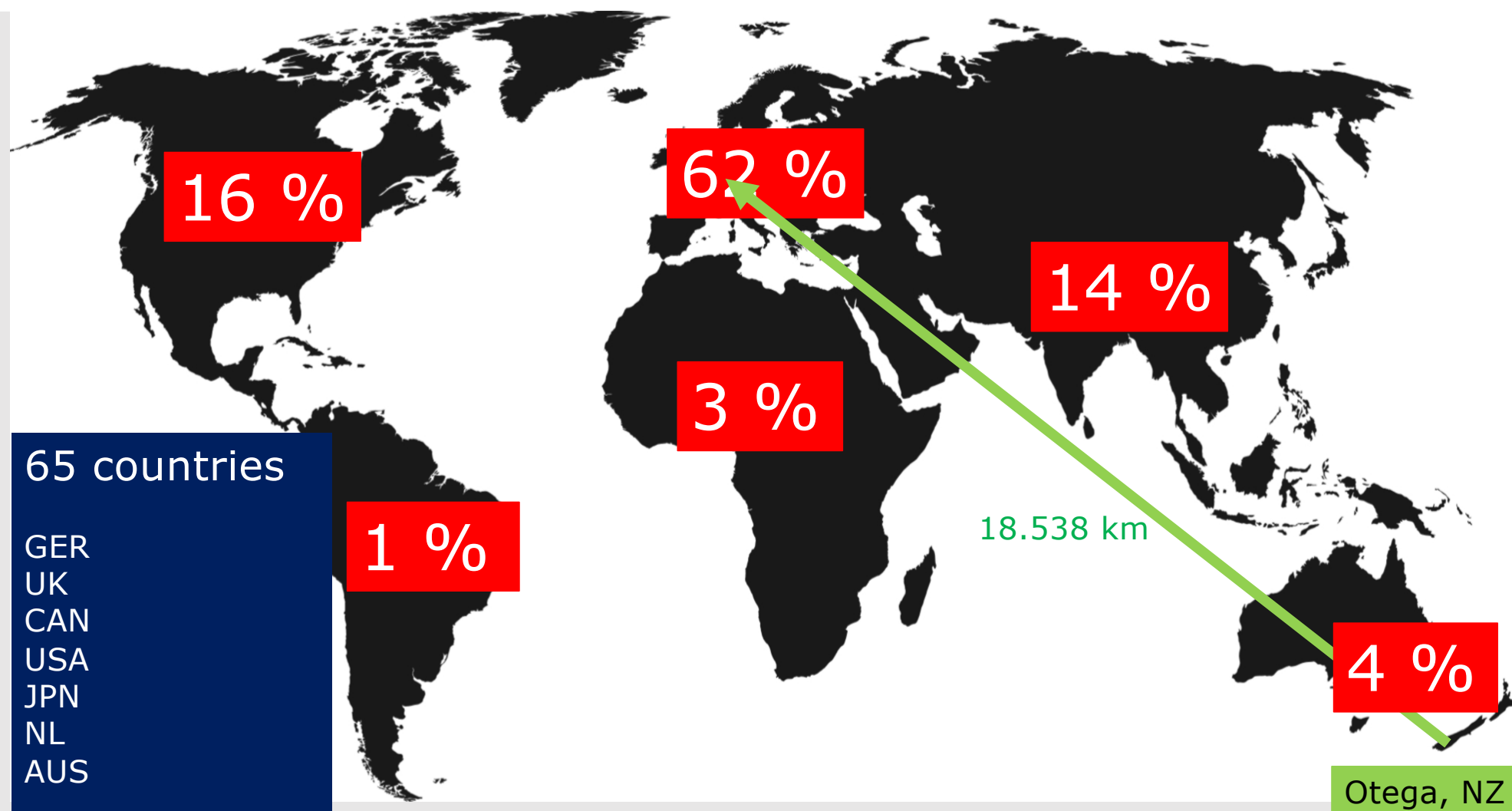
406 Coaches, Students etc.

The Participants

65 countries

GER
UK
CAN
USA
JPN
NL
AUS

+ 58 countries



Overall applied

2 Pre Congress Workshops (avg. 33 attendees)

4 research & 16 applied Workshops

12/16 applied workshops: CE Credits (APA, AASP, asp)

AASP: 2 Panels and attendance overall worth CE Credits

	asp	AASP
Pre Congress 01: Workshop on Mindfulness Interventions in Sport: An Interactive Workshop	8	0
Pre Congress 03: Workshop on Providing Sport Psychology Services for Coaches	9	3
Workshop 03: Resist the urge to stop in endurance activities: research-evaluated endurance strategies intending to support training	5	0
Workshop 04: Applied Exercise Psychology Workshop: Facilitating Mental Skills Delivery Among Exercise Instructors	1	0
Workshop 06: Sport psychology services for parents: the process and practice of delivering an evidence-based parent education workshop	6	0
Workshop 07: Moving evidence into action: applying self-compassion in sport	9	0
Workshop 08: How to use the 3P's model to reduce performance anxiety	5	0
Workshop 12: Introduction to the program "I Play (cause) I Feel" addressed to sport psychology practitioners in youth sports.	5	0
Workshop 14: Heart rate variability in sport psychology: applications of the vagal tank theory	1	0
Workshop 15: Evolution of learning for future force readiness	1	0
Workshop 17: LoL generation: in the field with a professional team in Esports "Misfits Gaming"	1	0
Workshop 18: Reframing good character: strengths-based positive psychology interventions to promote character development in sport	8	0
Workshop 20: Working with adolescent athletes: the importance of active involvement and fun based on ACT examples	6	0
Invited Panel 02: Supervision in Applied Sport Psychology: developing good practice for the ISSP-Registry (ISSP-R)	0	5
Panel 03: Ethics in applied sport psychology - international perspectives on the challenges faced across contexts of professional practice	0	6
Sum	65	14

The best possible score was 1.00 and the worst possible score was 5.00.

Question	Mean	Best	Worst
The presenter was knowledgeable about the topics?	1.34	1.07 (WS18)	2.00 (WS10)
The topic of this WS is relevant for my work?	1.67	1.17 (WS18)	2.40 (WS12)
How useful was the content of this program for your practice?	1.87	1.23 (WS18)	2.71 (WS12)
How much did you learn?	2.04	1.13 (WS18)	2.56 (WS10)

- **Highest rated workshop:**
Workshop 18: Reframing good character: strengths-based positive psychology interventions to promote character development in sport → **1.15**
- **Lowest rated workshop:**
Workshop 10: Neuroscience in shooting and team sports – neuroshooting and team flow → **2.36**

	Workshops with Credits	Workshops without Credits
The presenter was knowledgeable about the topics?	1.29	1.59
The topic of this WS is relevant for my work?	1.58	1.98
How useful was the content of this program for your practice?	1.73	2.32
How much did you learn?	1.95	2.35
Mean	1.64	2.06

Overall special events

Special Sessions: roundtable, GA, YRA, 50 years of asp
Opening at the H1 and the LWL
Science Slam

50 years of FEPSAC – Erbdrostenhof

Social program (guided tours, beachvolleyball, beer
tasting... 7)

Closing



Evaluation

Week after FEPSAC (20-30.7.2019) via ConfTool, one reminder

356 participants, gender balanced

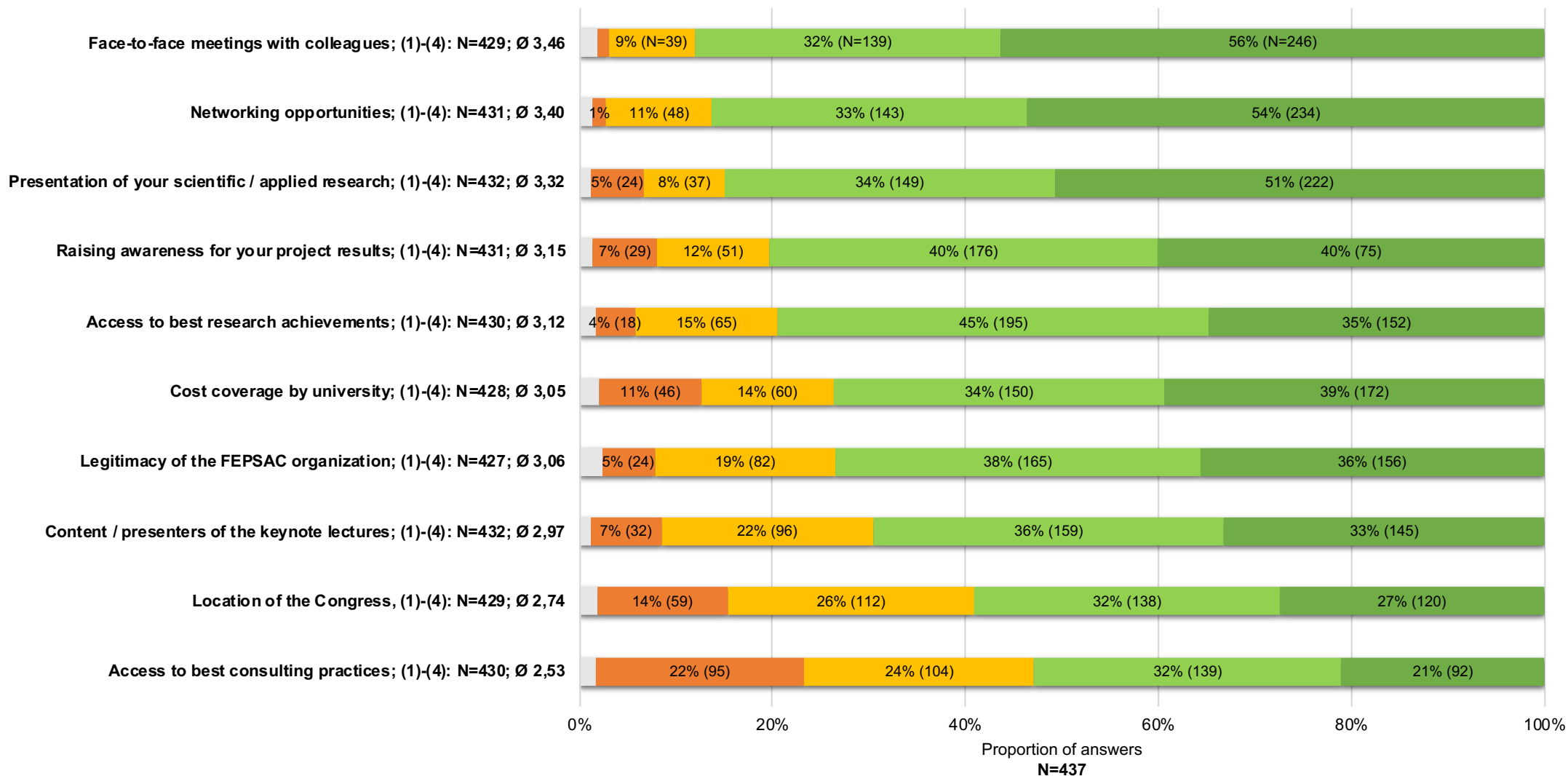
N= 210 academic position N = 119 students N= 58
sportpsychological counsellors N = 10 coaches

24 questions – open or Likert scale 1 (poor) – 4
(excellent) + I don't know

Online questionnaire

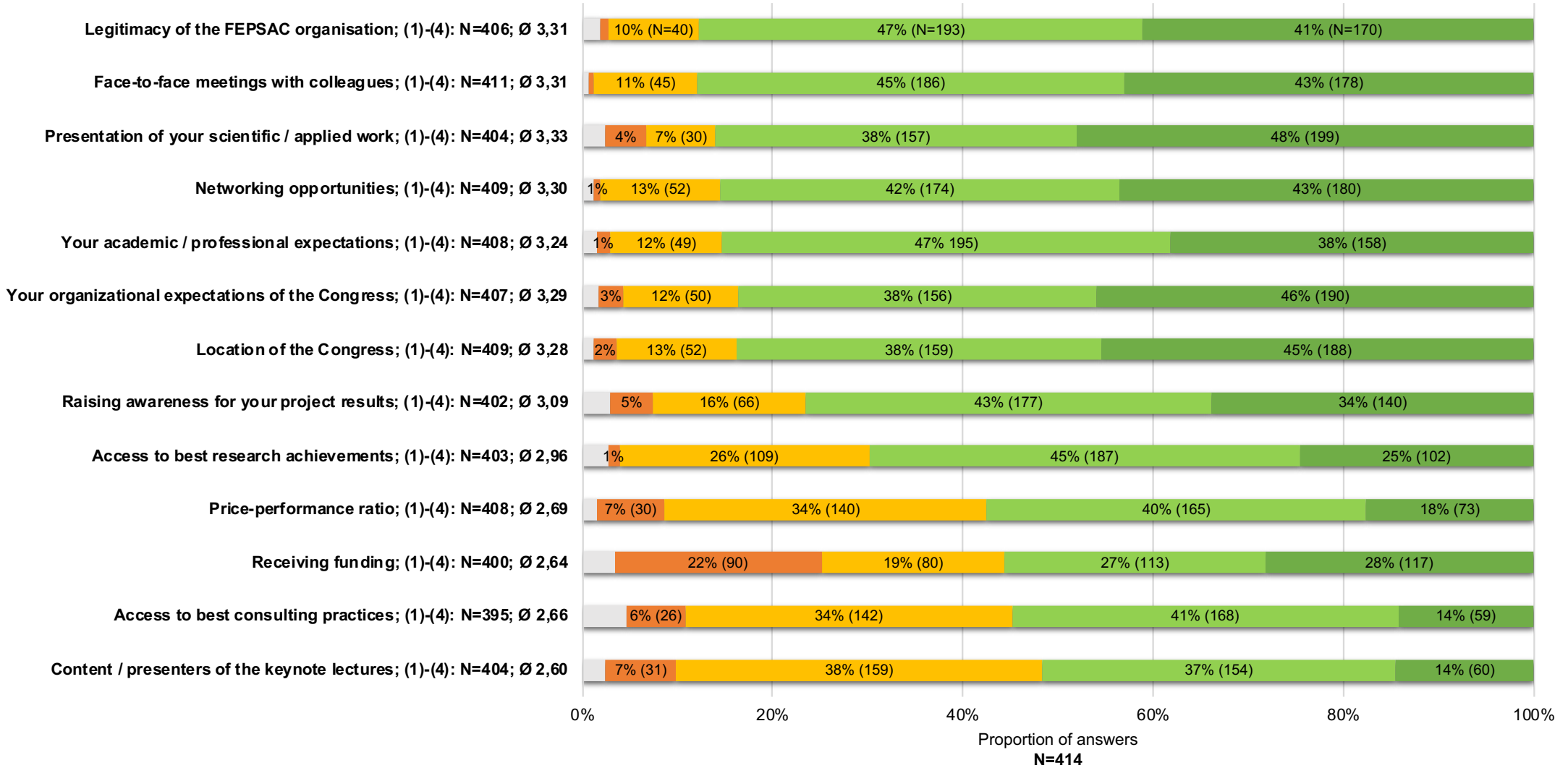
How important were the following factors in your decision to register for the FEPSAC Congress?

■ NO ANSWER
 ■ (1) NOT IMPORTANT
 ■ (2) SOMEWHAT IMPORTANT
 ■ (3) IMPORTANT
 ■ (4) VERY IMPORTANT



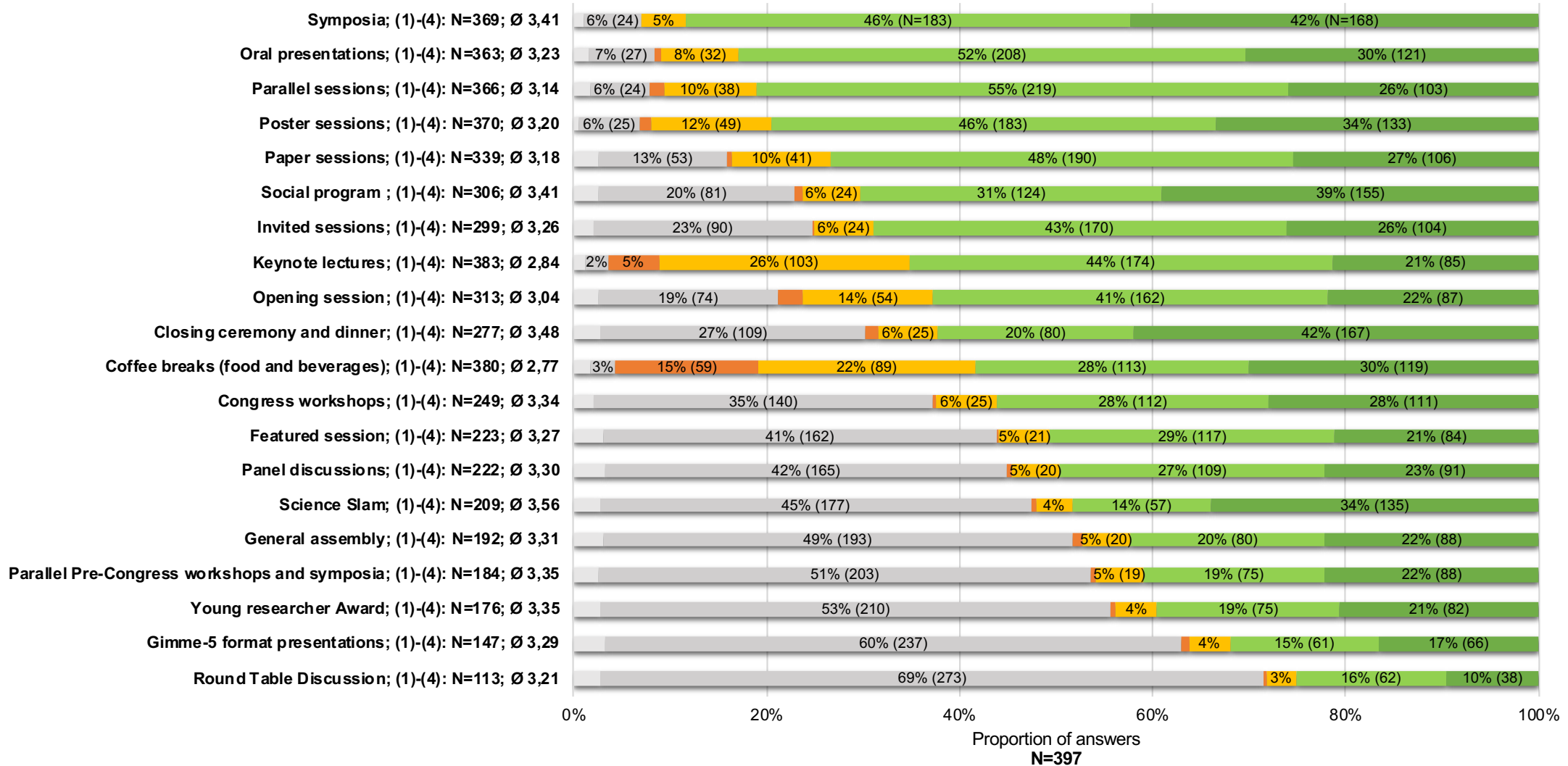
Have your expectations regarding the FEPSAC Congress been fulfilled?

■ NO ANSWER
 ■ (1) NOT AT ALL FULFILLED
 ■ (2) SOMEWHAT FULFILLED
 ■ (3) FULFILLED
 ■ (4) COMPLETELY FULFILLED



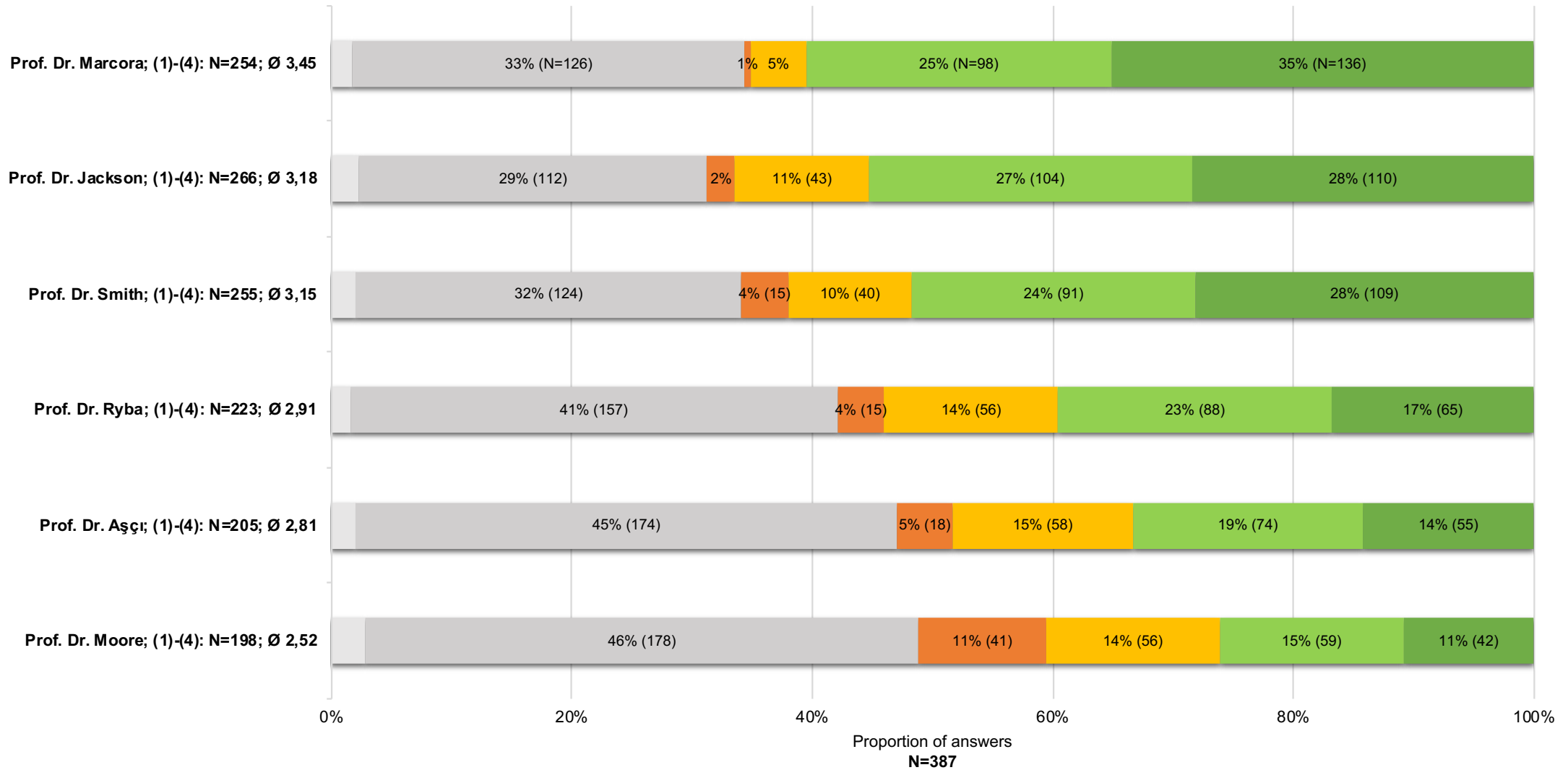
How do you evaluate the quality of the following FEPSAC Congress events?

■ NO ANSWER ■ I DON'T KNOW ■ (1) POOR ■ (2) FAIR ■ (3) GOOD ■ (4) EXCELLENT



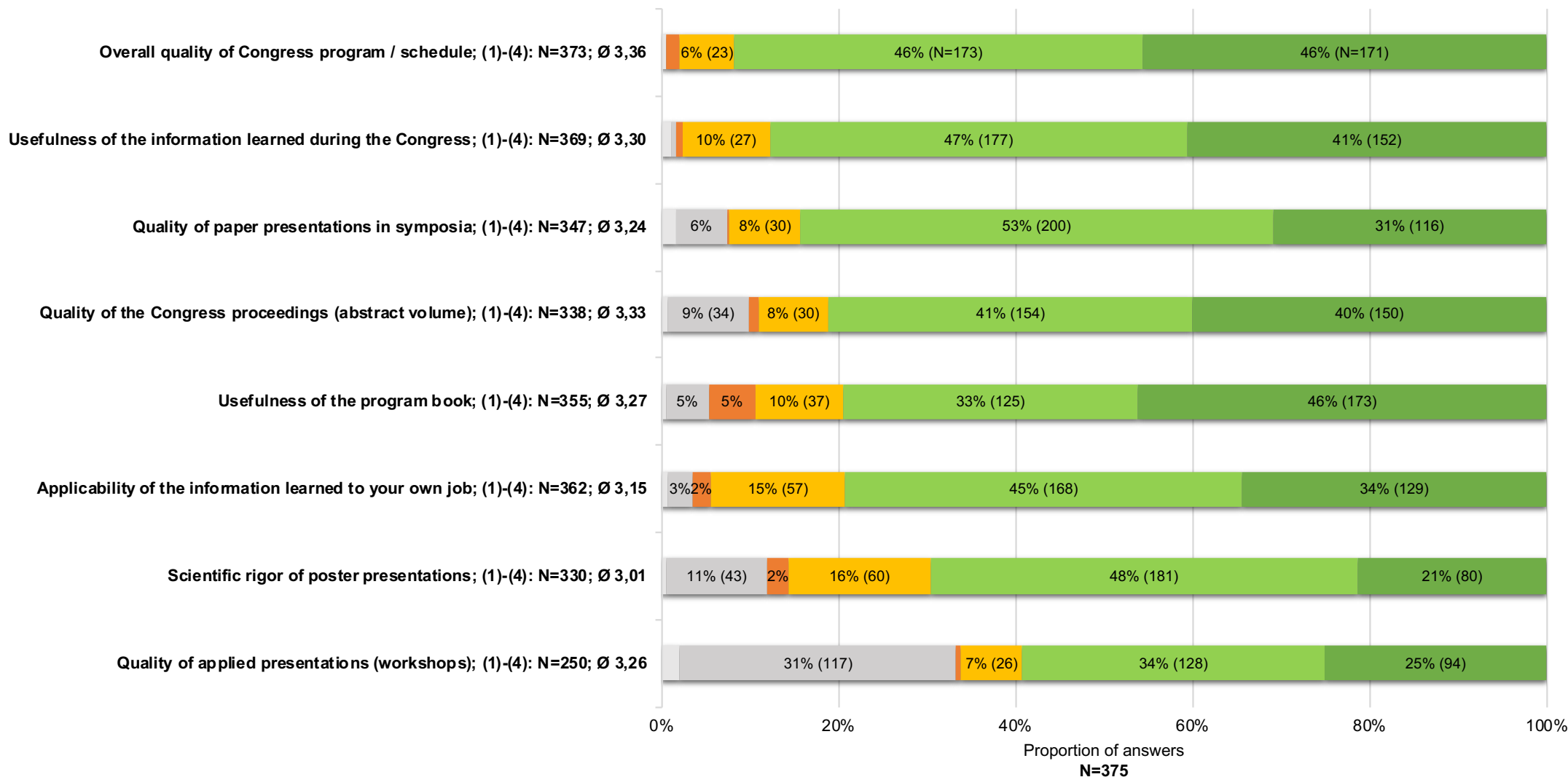
Your evaluation of the Keynote lectures

■ NO ANSWER ■ I DID NOT ATTEND ■ (1) POOR ■ (2) FAIR ■ (3) GOOD ■ (4) EXCELLENT

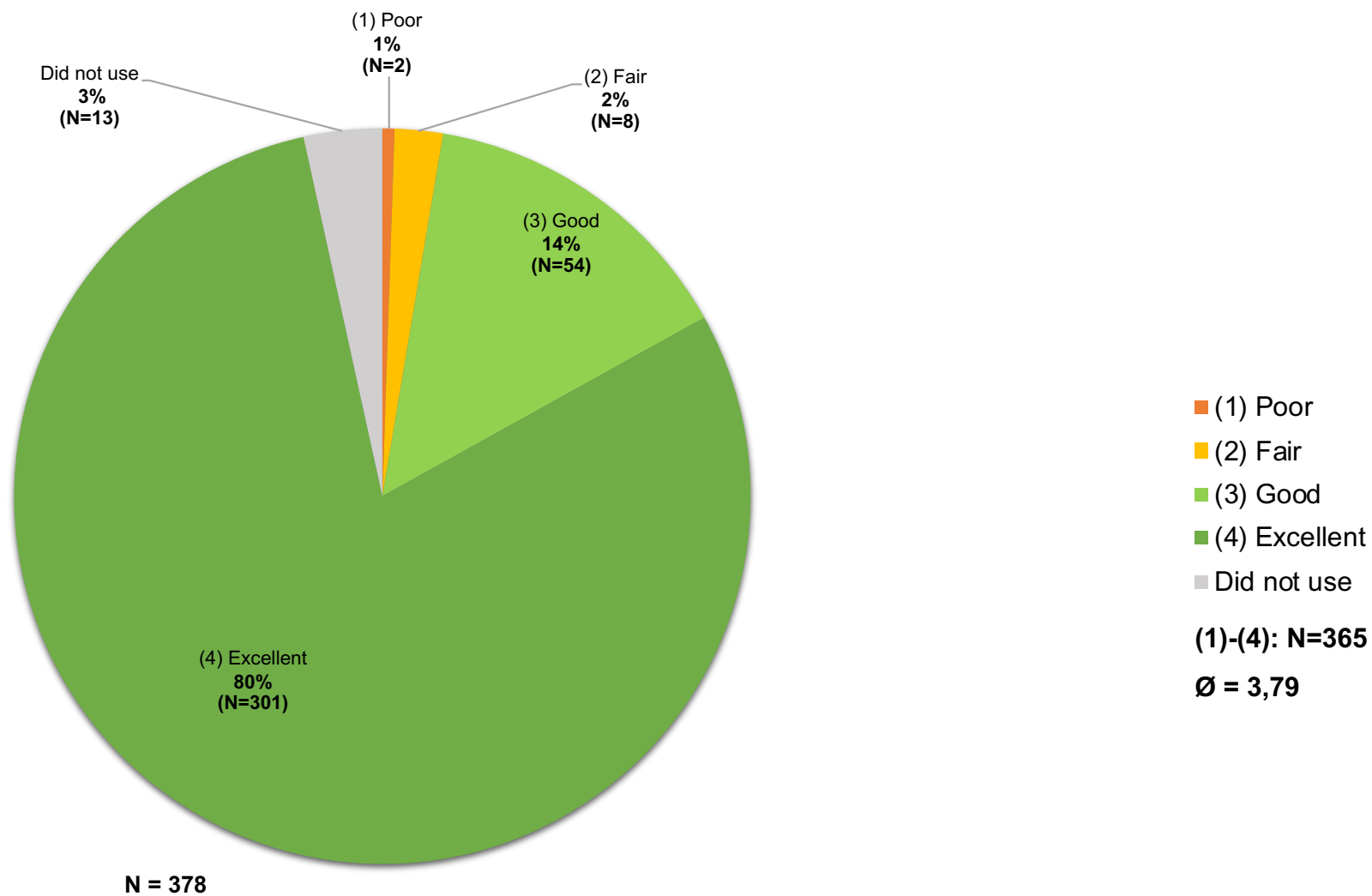


How do you evaluate the professional / academic quality of the FEPSAC Congress?

■ NO ANSWER ■ I DON'T KNOW ■ (1) POOR ■ (2) FAIR ■ (3) GOOD ■ (4) EXCELLENT

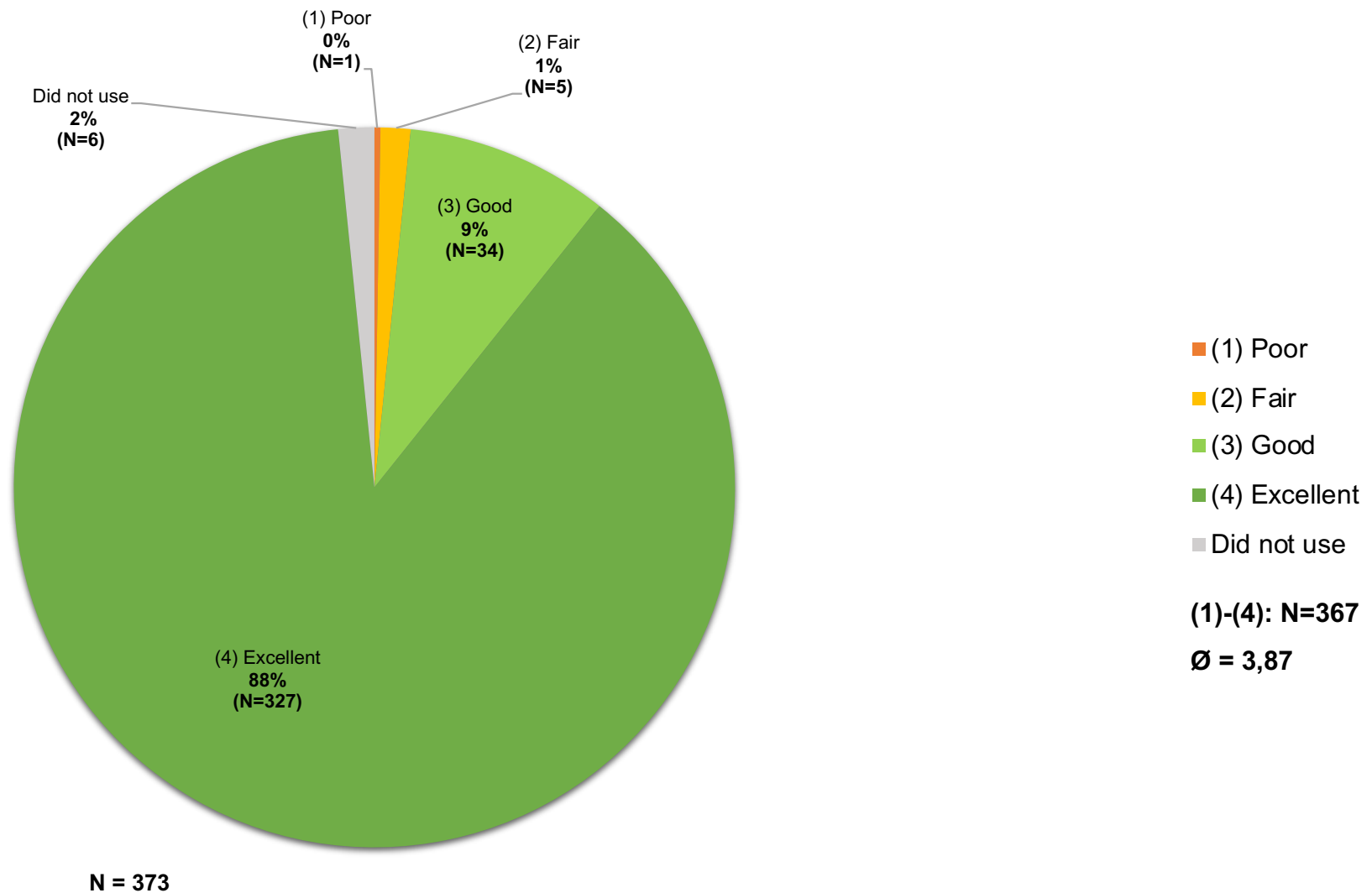


How would you rate the assistance / help from the Congress organization team before and during the FEPSAC Congress?





How would you rate the assistance / help from the Congress staff (they wore blue t-shirts) during the FEPSAC Congress?

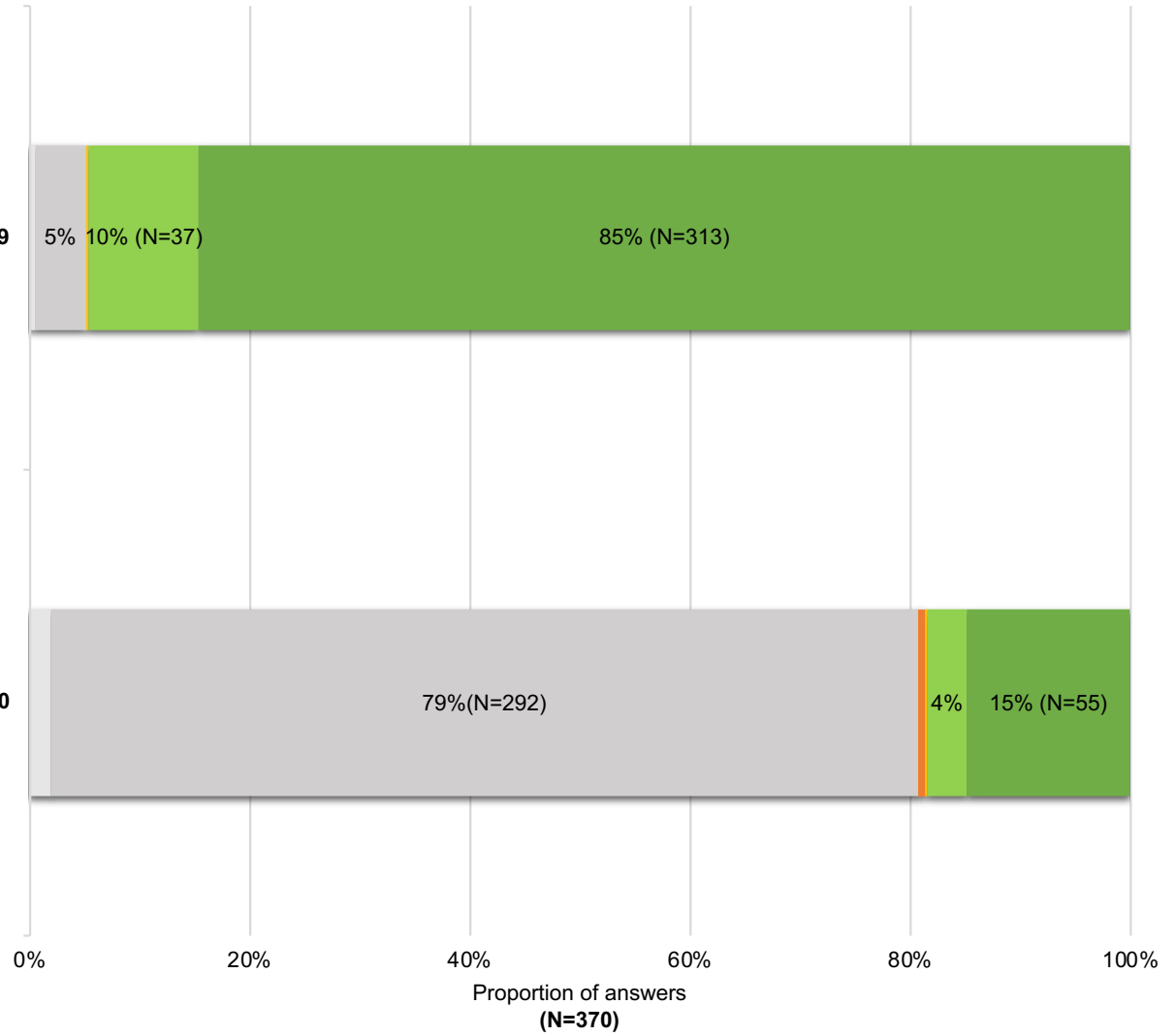




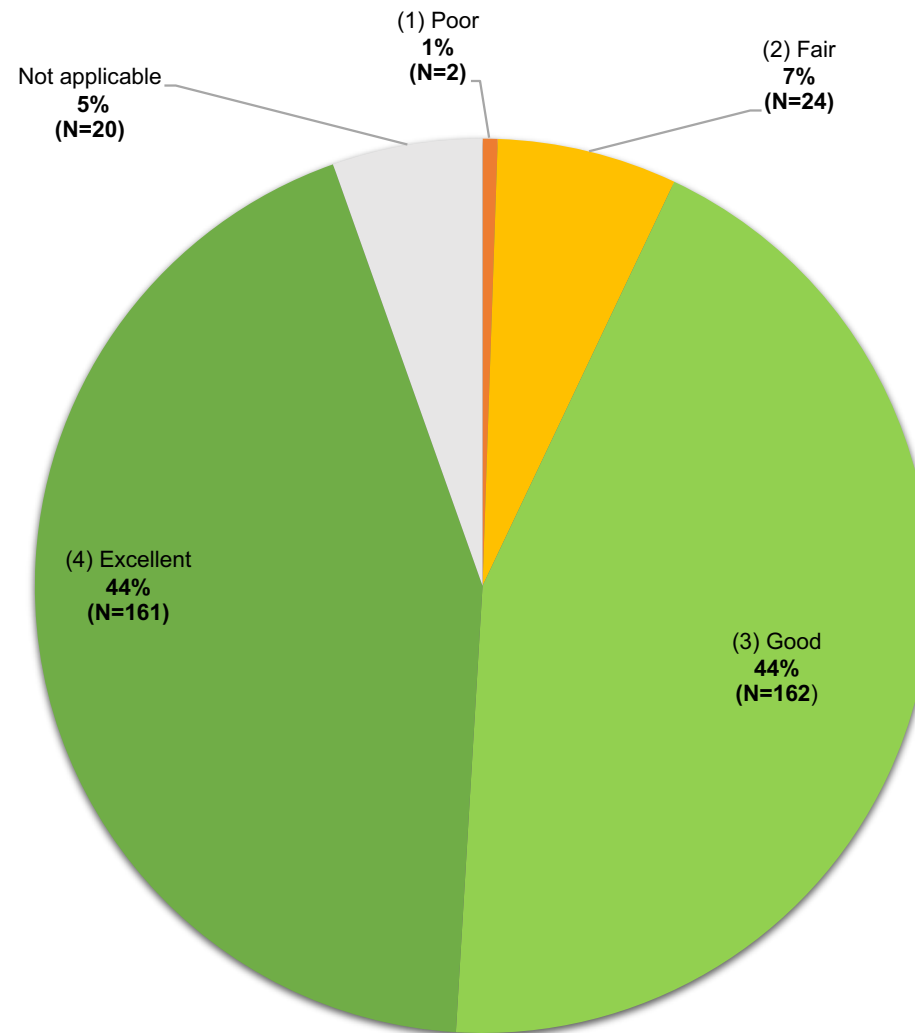
Please evaluate...

■ NO ANSWER ■ (0) I DON'T KNOW ■ (1) POOR ■ (2) FAIR ■ (3) GOOD ■ (4) EXCELLENT

The processing speed / efficiency at the Registration desk (onsite); (1)-(4): N=351; Ø 3,89



What has been your level of satisfaction with the „Conftool“ online platform (for abstract submission, registration, payments, etc.)?

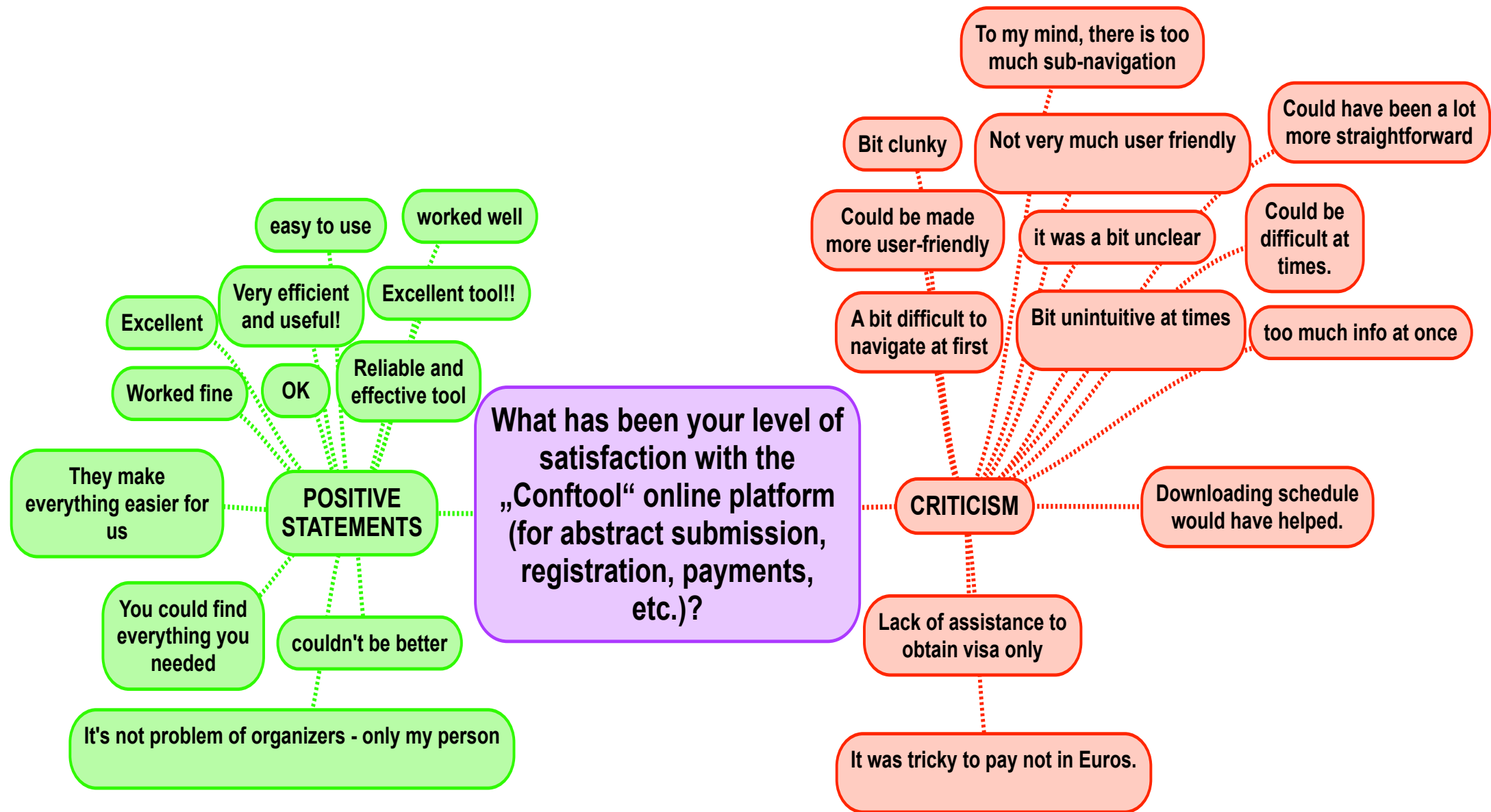


- (1) Poor
- (2) Fair
- (3) Good
- (4) Excellent
- Not applicable

(1)-(4): N=349

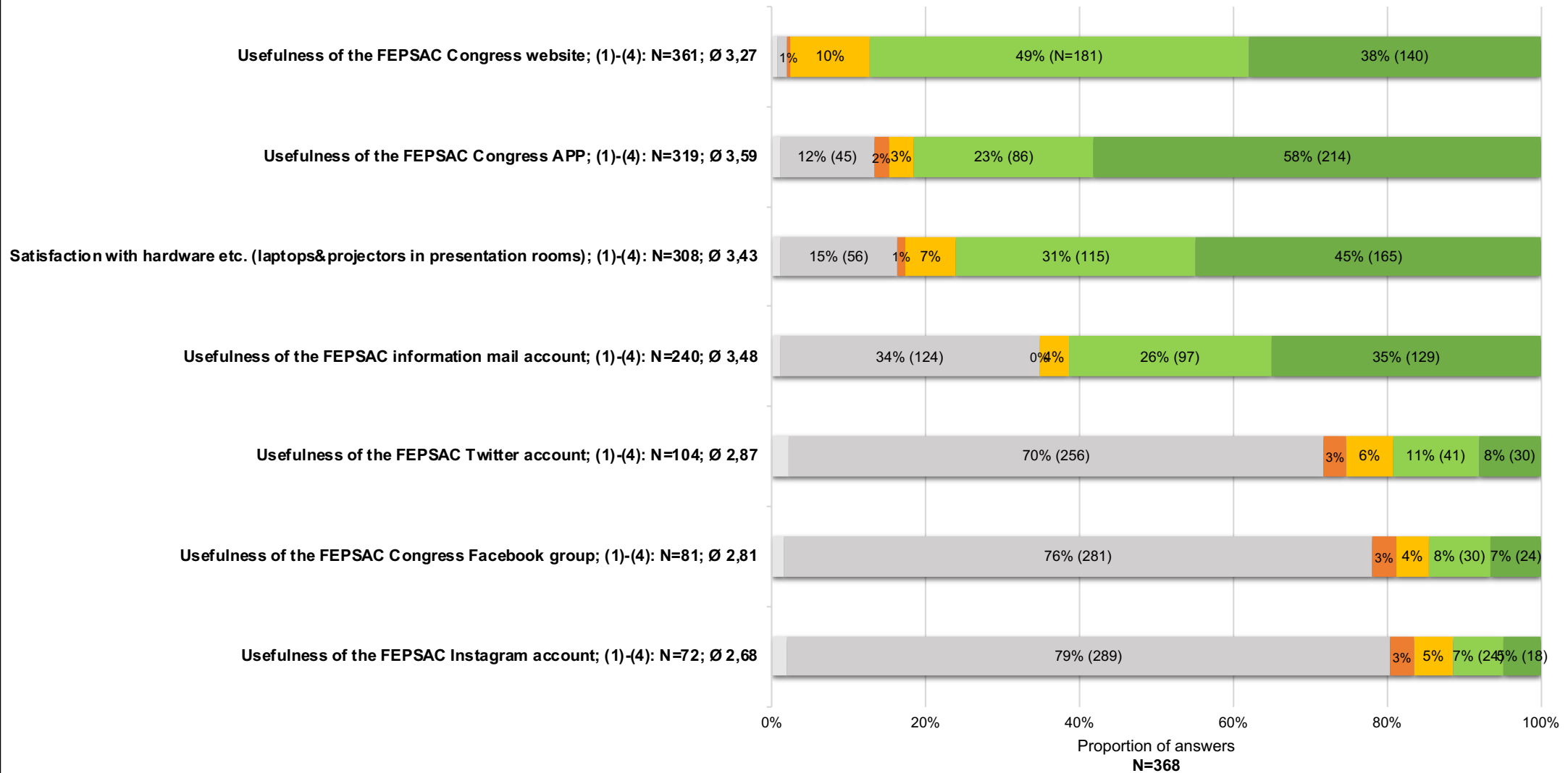
Ø = 3,38

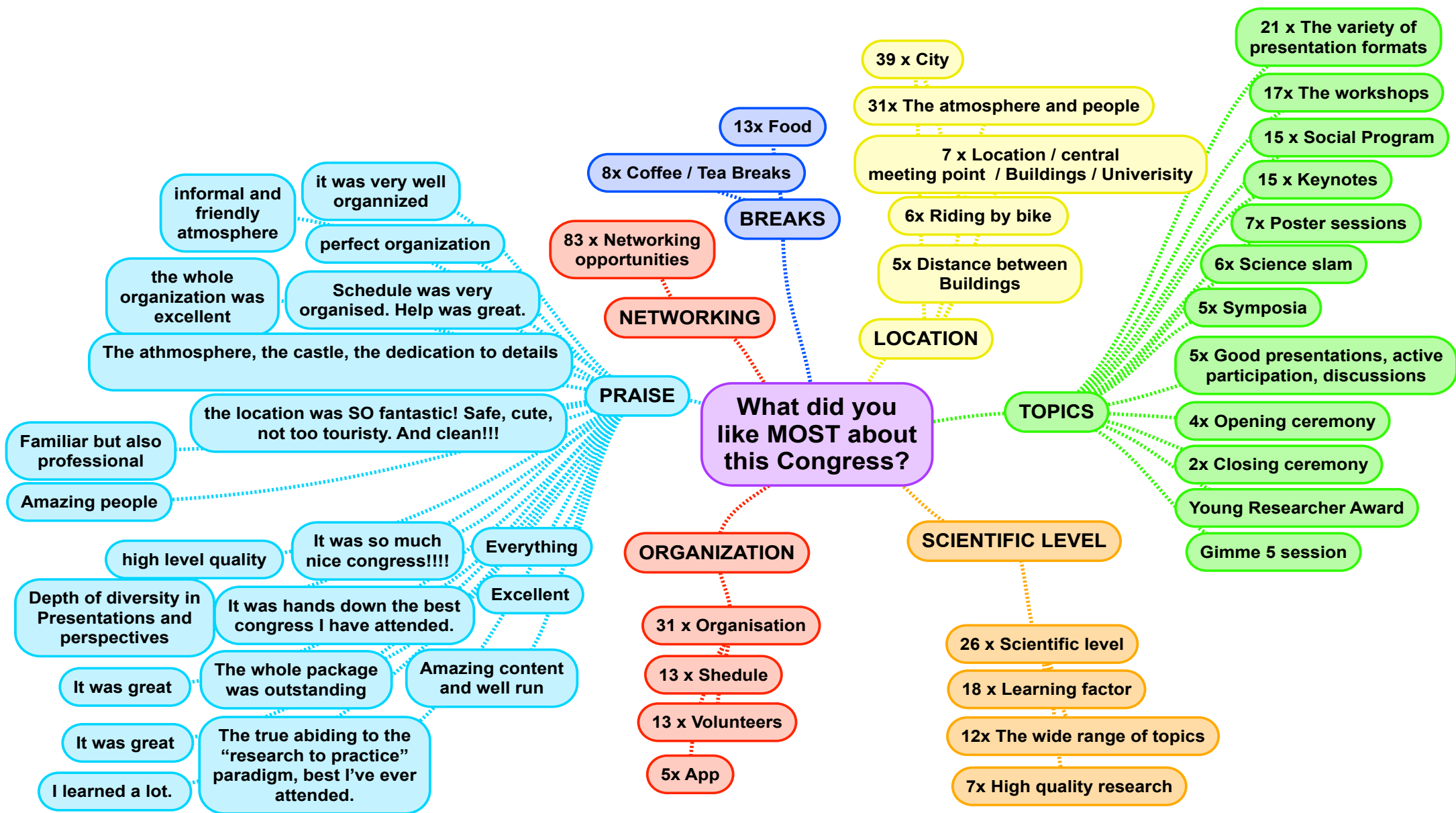
N = 369

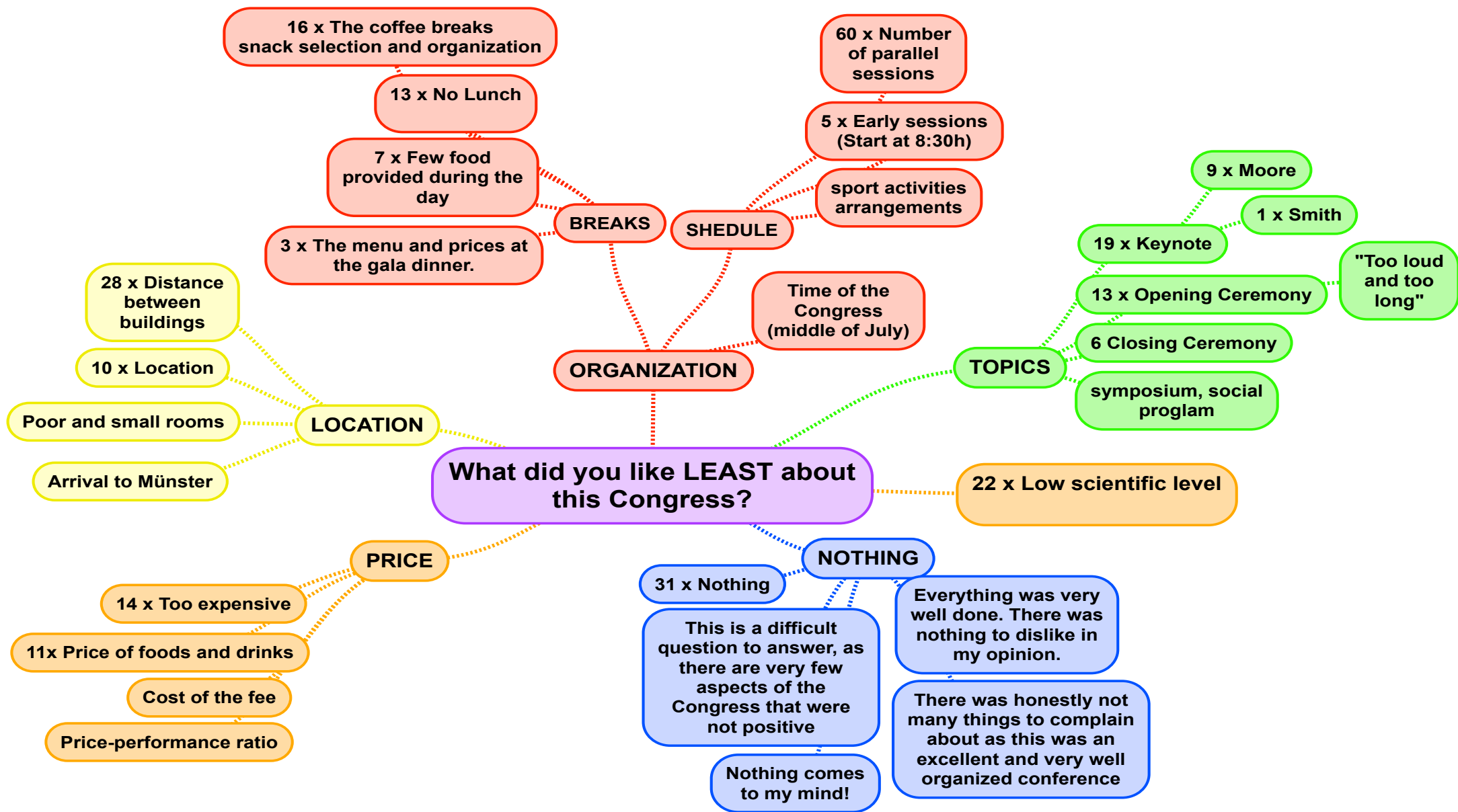


How do you evaluate the FEPSAC Congress technology / the FEPSAC Congress media?

■ NO ANSWER ■ I DON'T KNOW ■ (1) POOR ■ (2) FAIR ■ (3) GOOD ■ (4) EXCELLENT







Would you prefer to see more or less of the following presentation formats at the upcoming FEPSAC Congress in Padua, Italy?

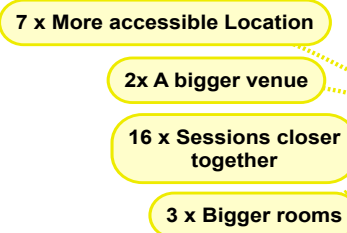


What are your suggestions and / or recommendations to help improve the quality of future FEPSAC Congresses?

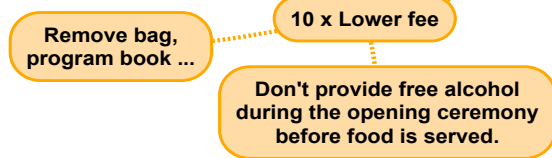
ORGANIZATION



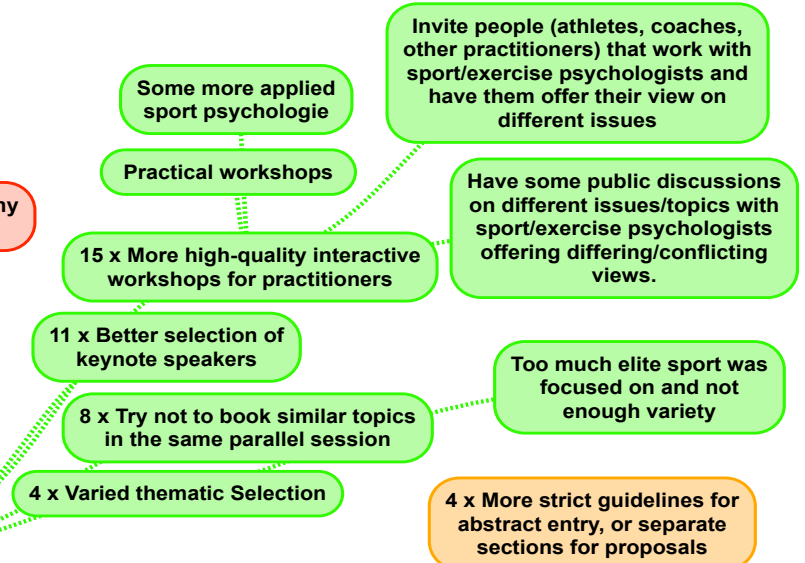
LOCATION



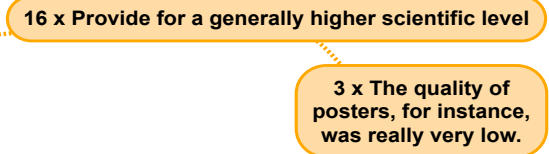
PRICE



TOPICS



SCIENTIFIC LEVEL



NOTHING





How likely are you to attend the next FEPSAC Congress in Padua, Italy?

