

WELCOME



The State Government of
North Rhine-Westphalia



15 TH
EUROPEAN
CONGRESS OF SPORT &
EXERCISE
PSYCHOLOGY
MÜNSTER GERMANY



19-20
JULY
2019
building the future of sport
& exercise psychology.

FEPSAC 2019

in Münster



Münster is the
most liveable city
world-wide!





15th European Congress of Sport and Exercise Psychology

Building the future of sport and exercise psychology

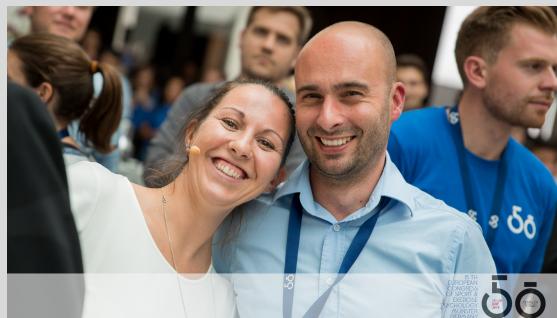


HAPPY BIRTHDAY



50 years of FEPSAC

Münster 15.-20.07.2019



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The Muenster Team



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European Federation of Sport Psychology



Happy Birthday



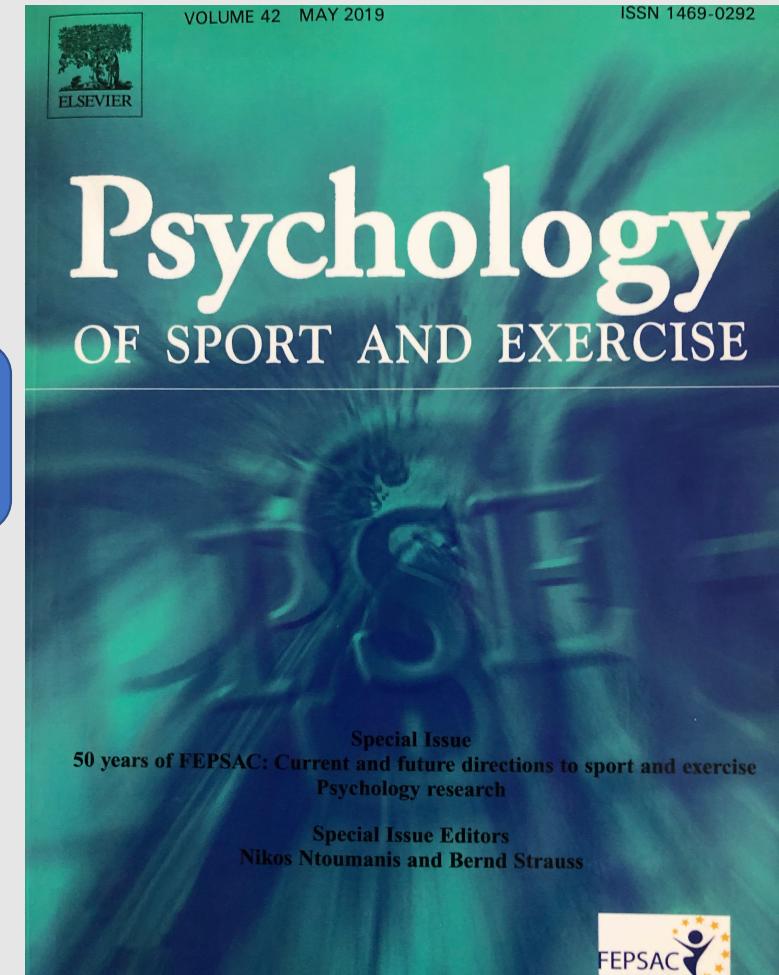
Congratulations from
PSE and Elsevier

SPECIAL ISSUE, May 2019

17 state-of-the art reviews
3 Introductions/Editorials

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

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The program

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 *fepsc2019*



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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



DFG Deutsche
Forschungsgemeinschaft
German Research Foundation



Martin
Gesigora
Steuerberater





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



Overall participants

843 participants

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

27 accompanying persons

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

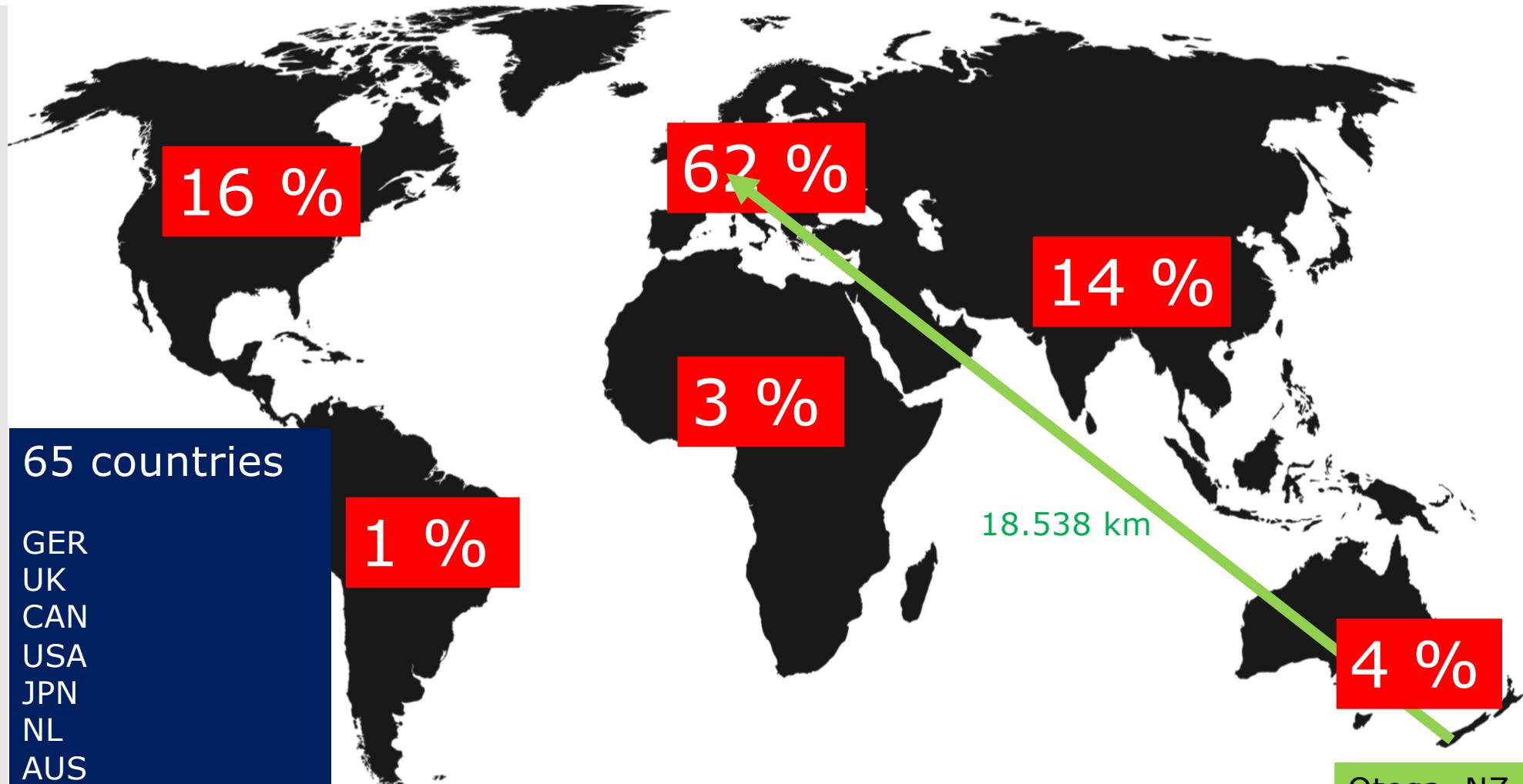
66 nationalities

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

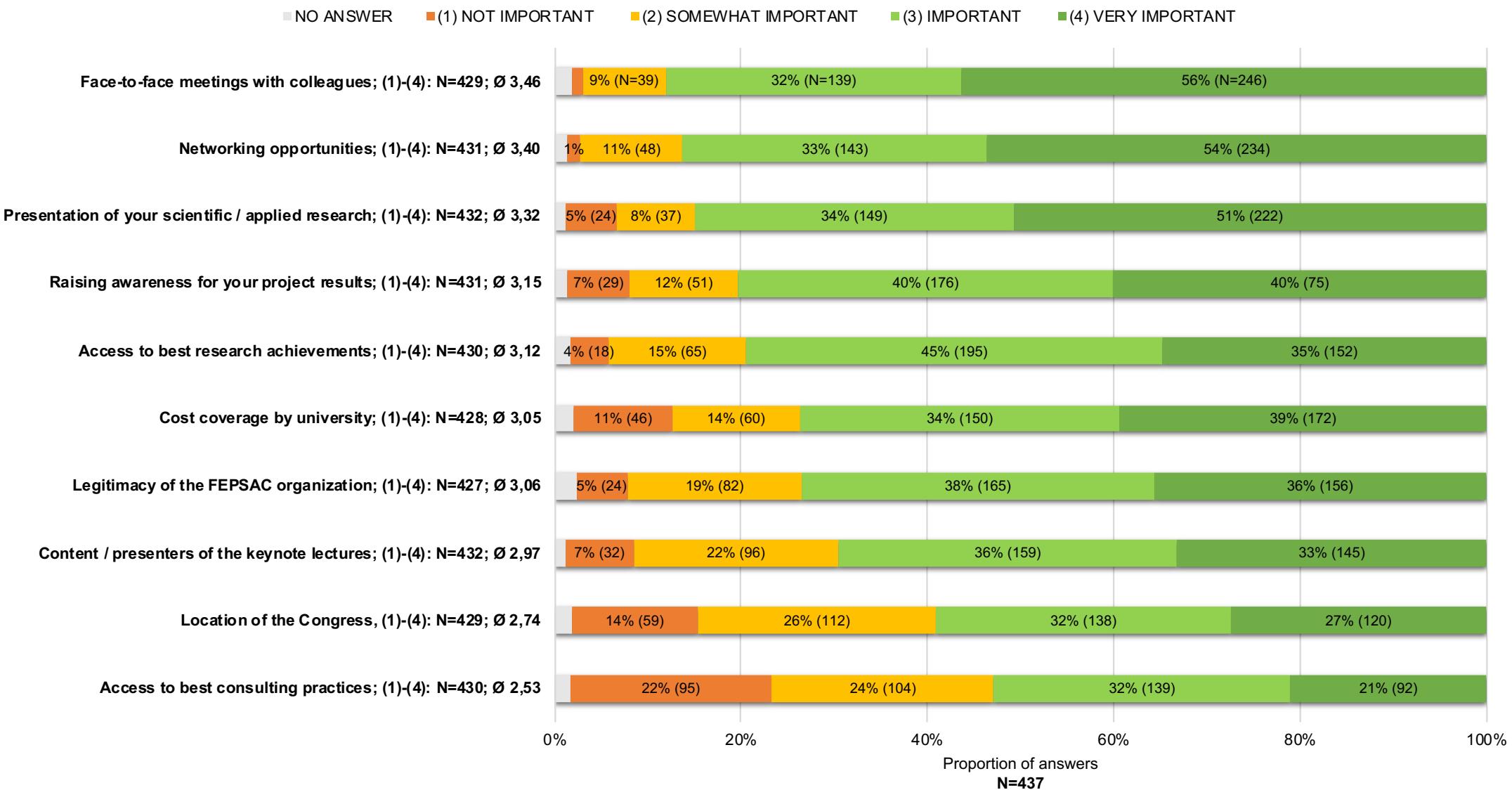
356 participants, gender balanced

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?



Have your expectations regarding the FEPSAC Congress been fulfilled?

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

Legitimacy of the FEPSAC organisation; (1)-(4): N=406; Ø 3,31



Face-to-face meetings with colleagues; (1)-(4): N=411; Ø 3,31



Presentation of your scientific / applied work; (1)-(4): N=404; Ø 3,33



Networking opportunities; (1)-(4): N=409; Ø 3,30



Your academic / professional expectations; (1)-(4): N=408; Ø 3,24



Your organizational expectations of the Congress; (1)-(4): N=407; Ø 3,29



Location of the Congress; (1)-(4): N=409; Ø 3,28



Raising awareness for your project results; (1)-(4): N=402; Ø 3,09



Access to best research achievements; (1)-(4): N=403; Ø 2,96



Price-performance ratio; (1)-(4): N=408; Ø 2,69



Receiving funding; (1)-(4): N=400; Ø 2,64



Access to best consulting practices; (1)-(4): N=395; Ø 2,66



Content / presenters of the keynote lectures; (1)-(4): N=404; Ø 2,60



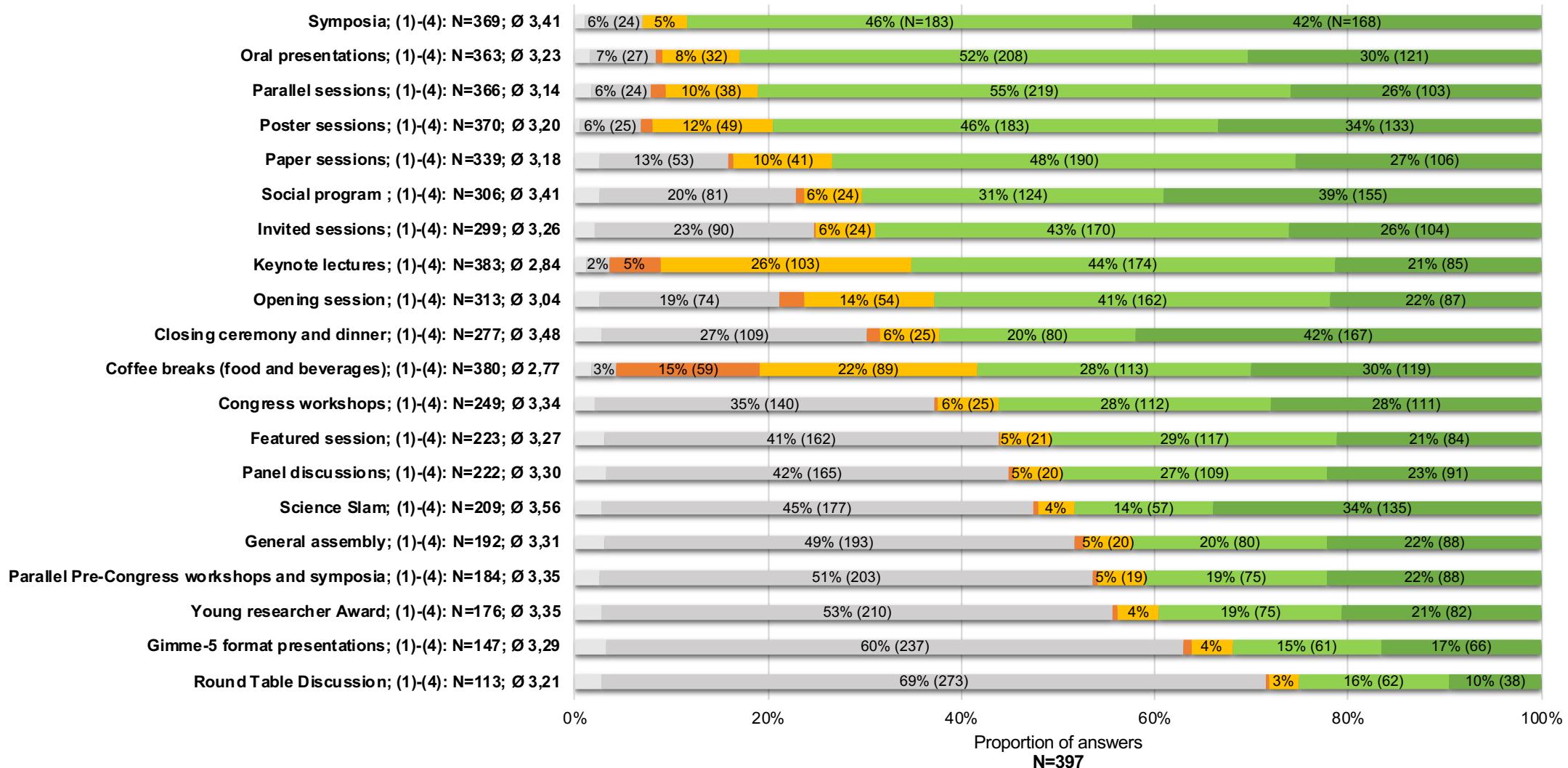
0% 20% 40% 60% 80% 100%

Proportion of answers

N=414

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

Prof. Dr. Marcora; (1)-(4): N=254; Ø 3,45

33% (N=126)

1% 5%

25% (N=98)

35% (N=136)

Prof. Dr. Jackson; (1)-(4): N=266; Ø 3,18

29% (112)

2%

11% (43)

27% (104)

28% (110)

Prof. Dr. Smith; (1)-(4): N=255; Ø 3,15

32% (124)

4%

10% (40)

24% (91)

28% (109)

Prof. Dr. Ryba; (1)-(4): N=223; Ø 2,91

41% (157)

4%

14% (56)

23% (88)

17% (65)

Prof. Dr. Aşçı; (1)-(4): N=205; Ø 2,81

45% (174)

5%

15% (58)

19% (74)

14% (55)

Prof. Dr. Moore; (1)-(4): N=198; Ø 2,52

46% (178)

11% (41)

14% (56)

15% (59)

11% (42)

0%

20%

40%

60%

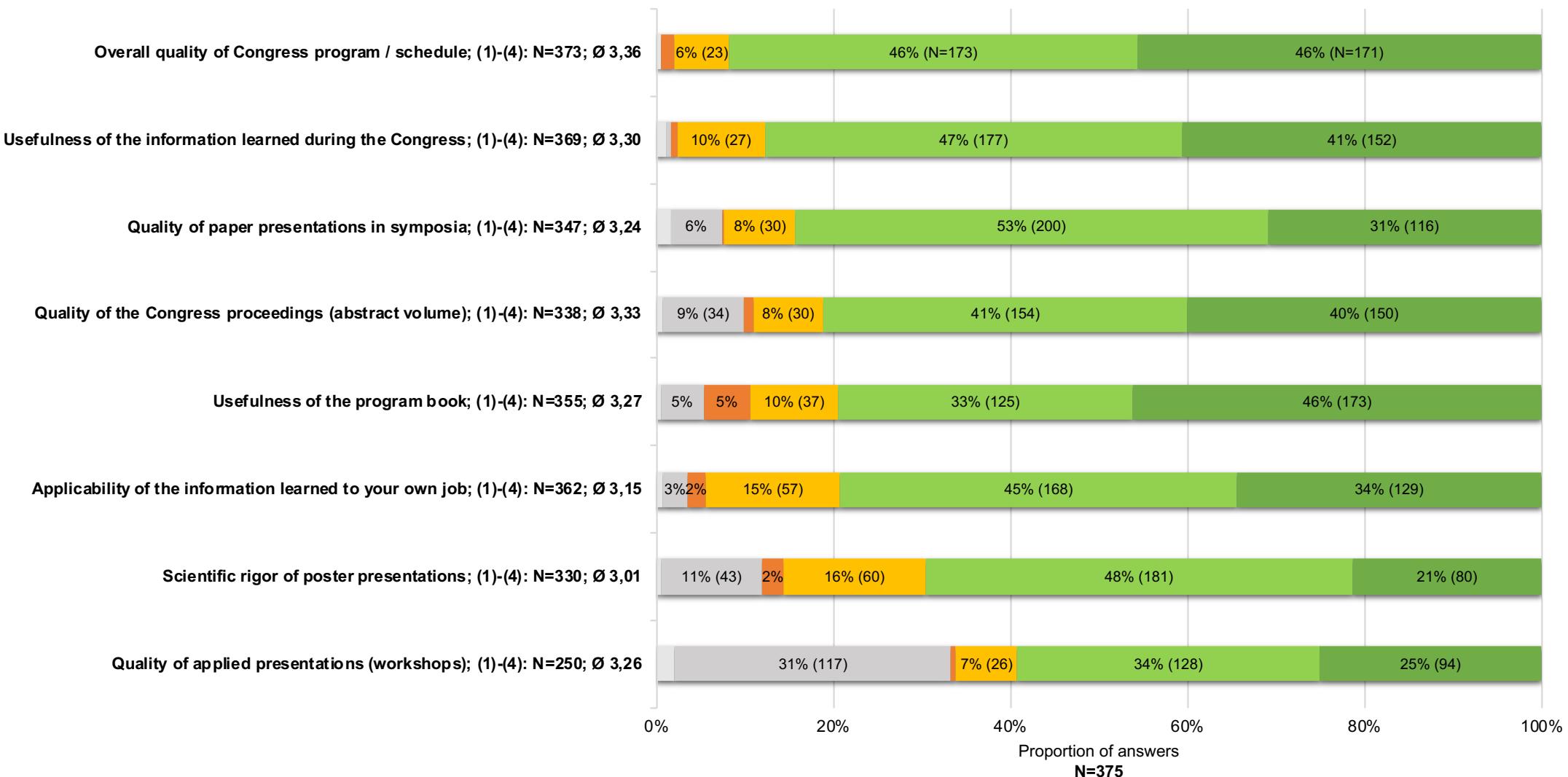
80%

100%

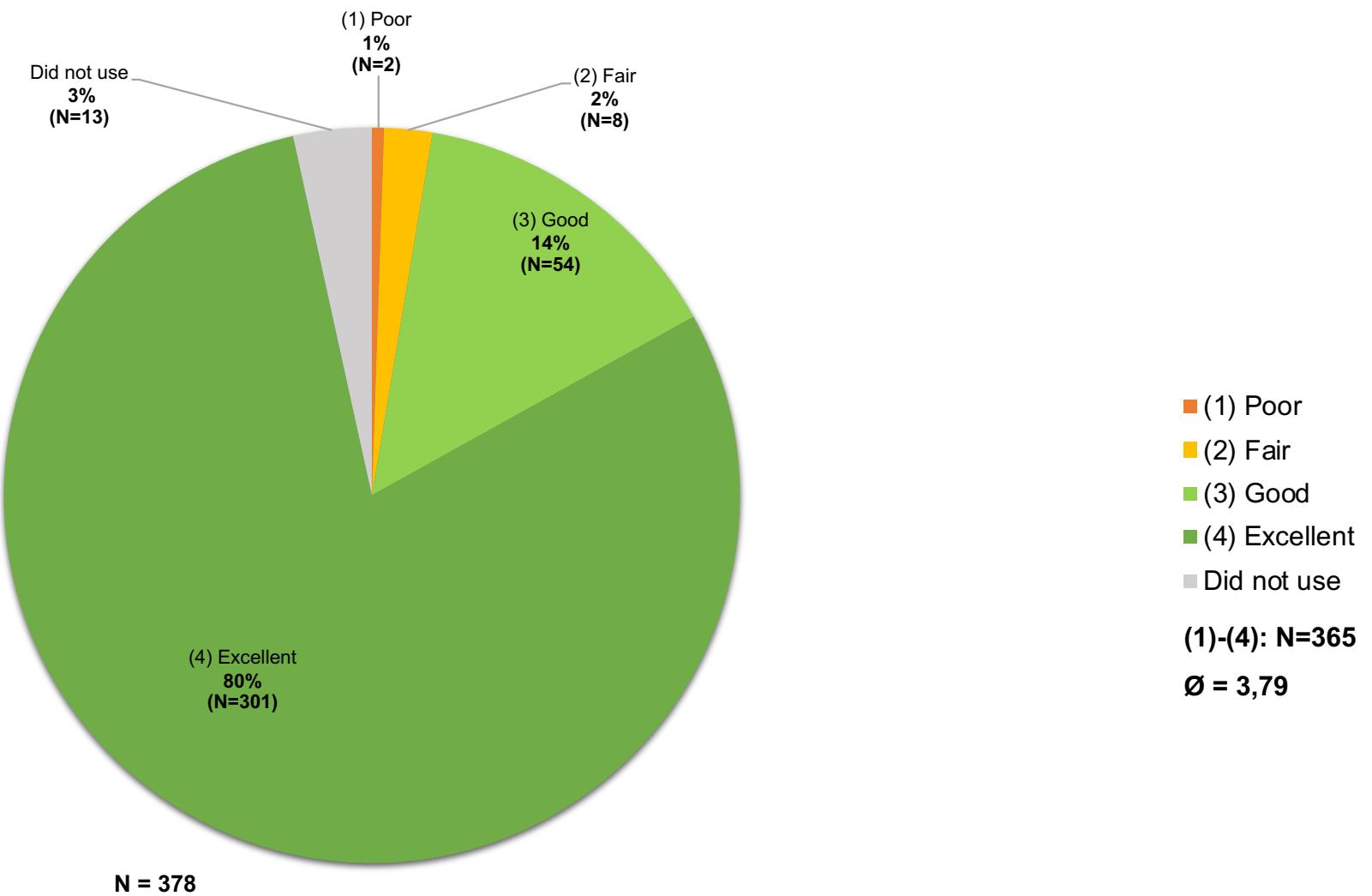
Proportion of answers
N=387

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

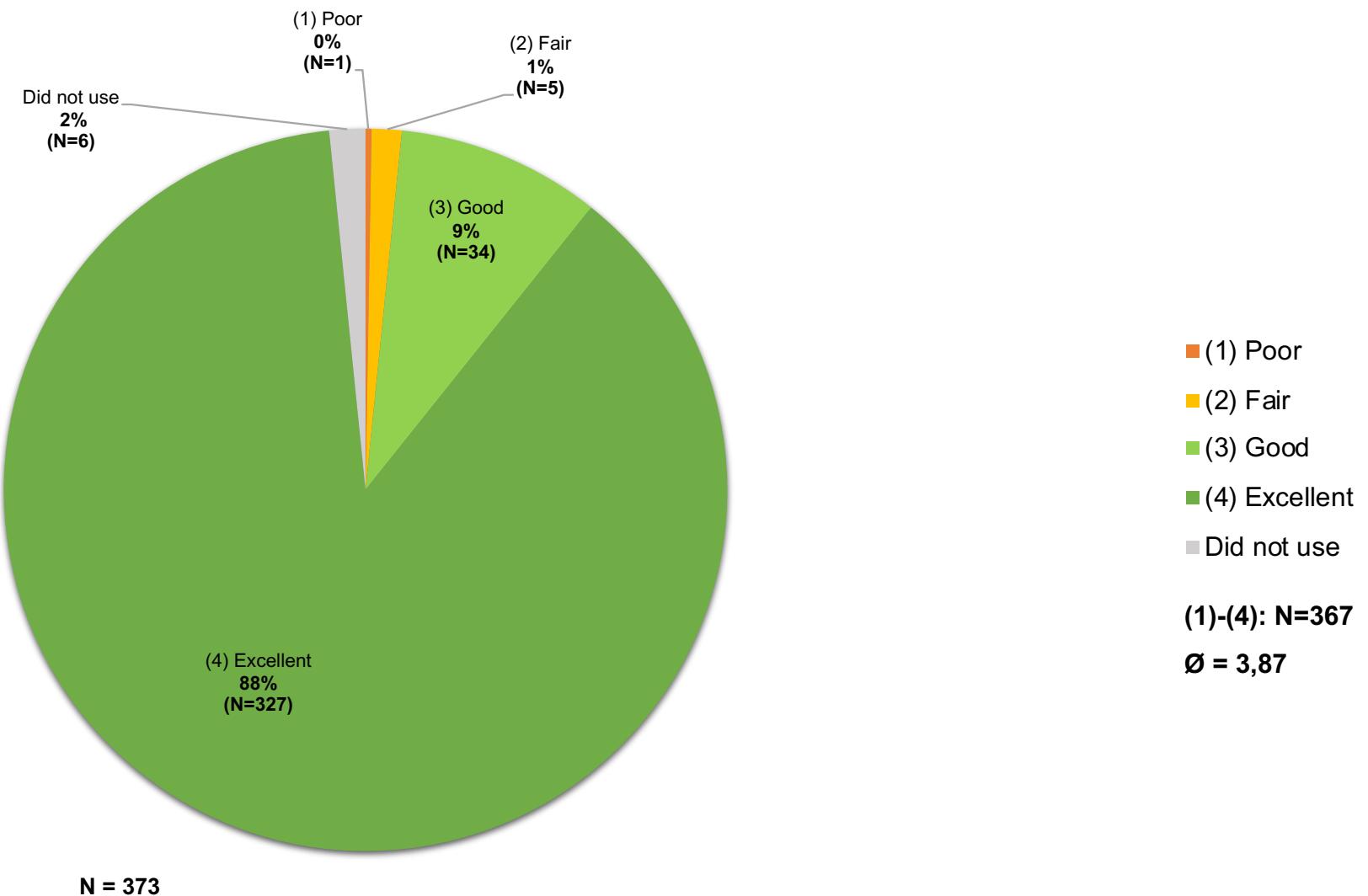


How would you rate the assistance / help from the Congress organization team before and during the FEPSAC Congress?





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

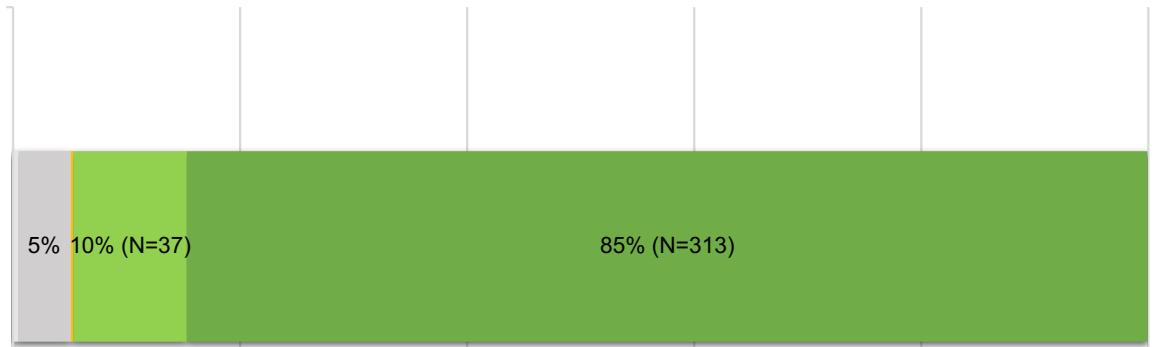




Please evaluate...

■ 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

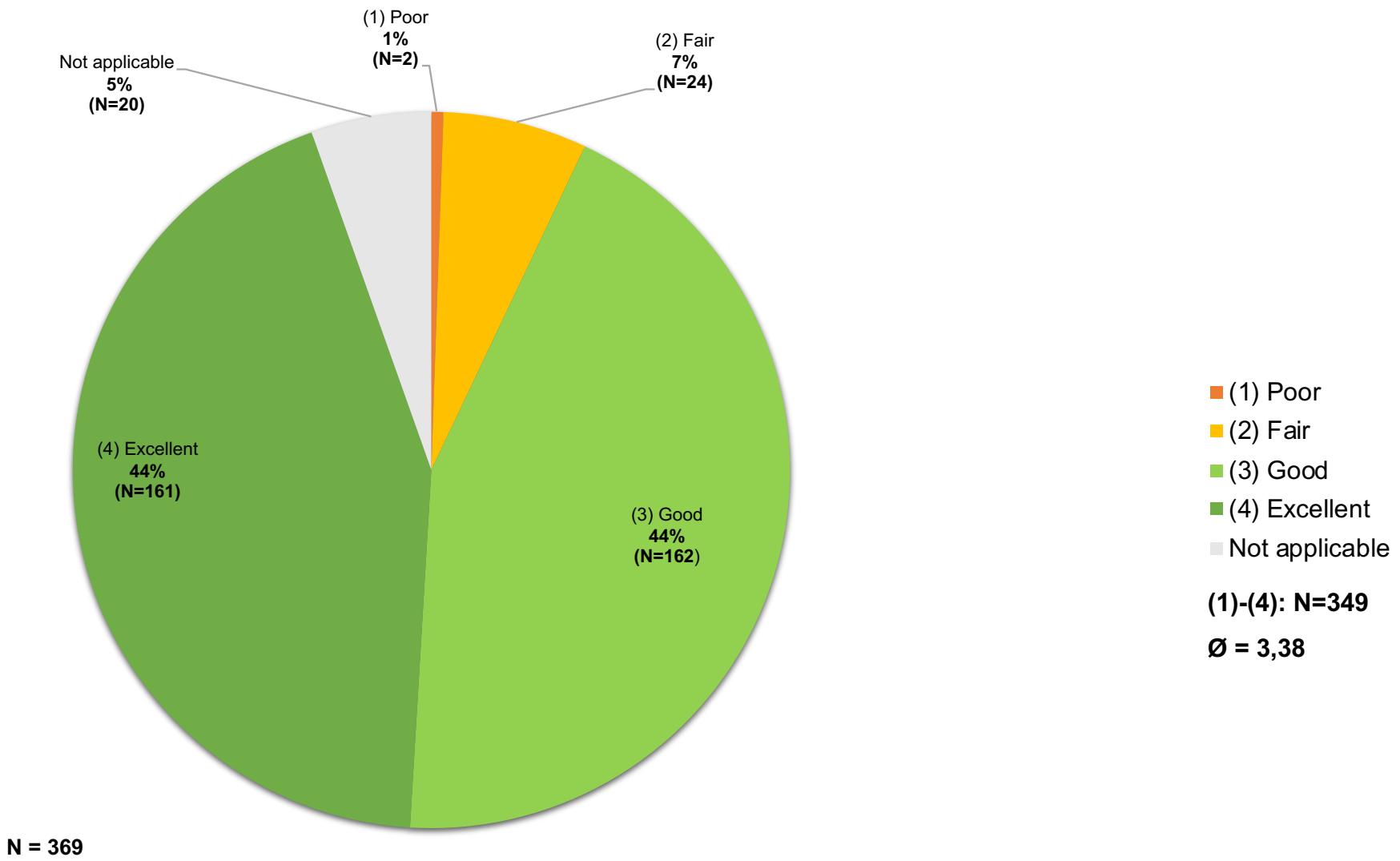


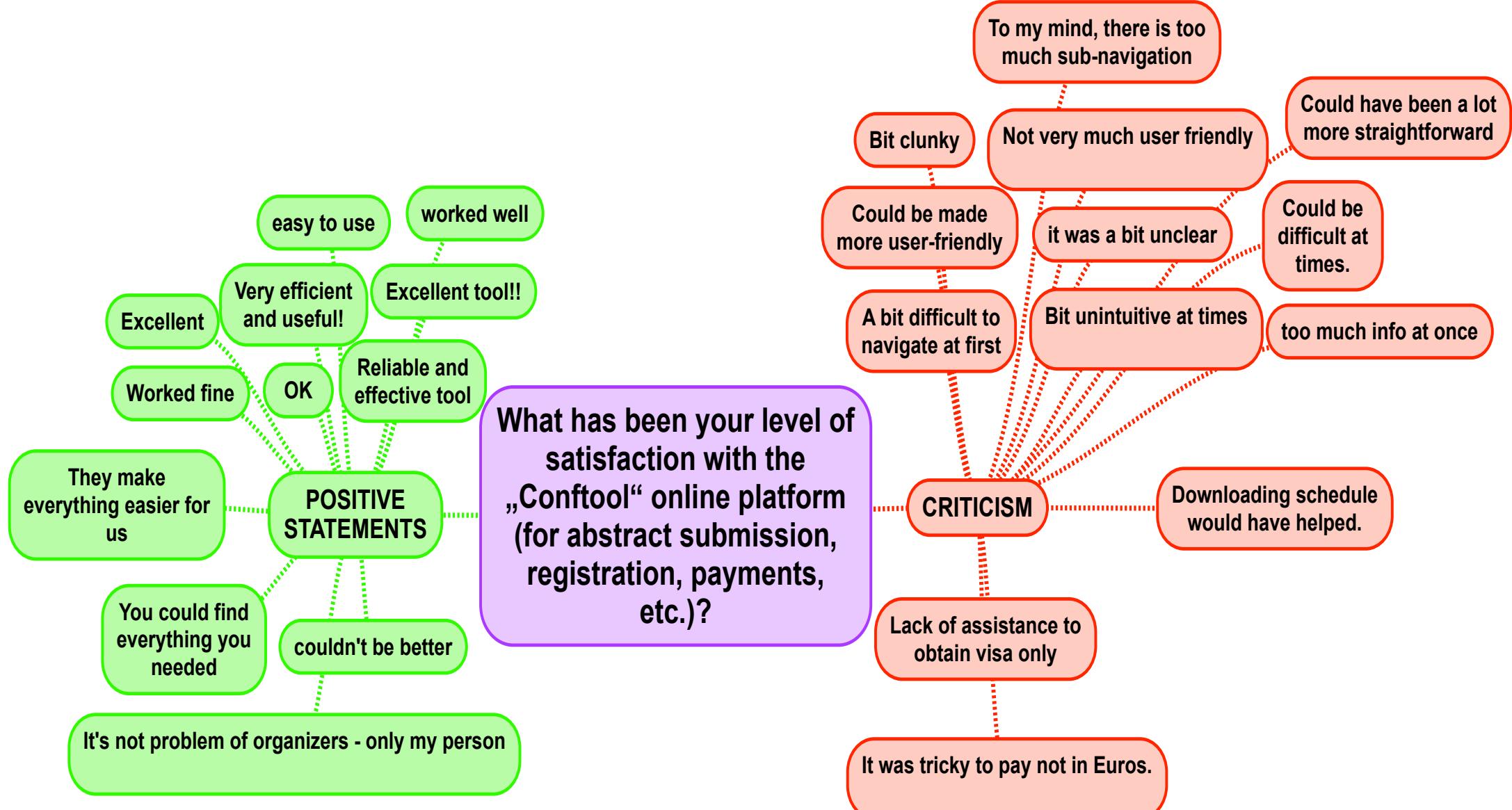
The usefulness of the „Poster printing & delivery service“; (1)-(4): N=71; Ø 3,70



0% 20% 40% 60% 80% 100%
Proportion of answers
(N=370)

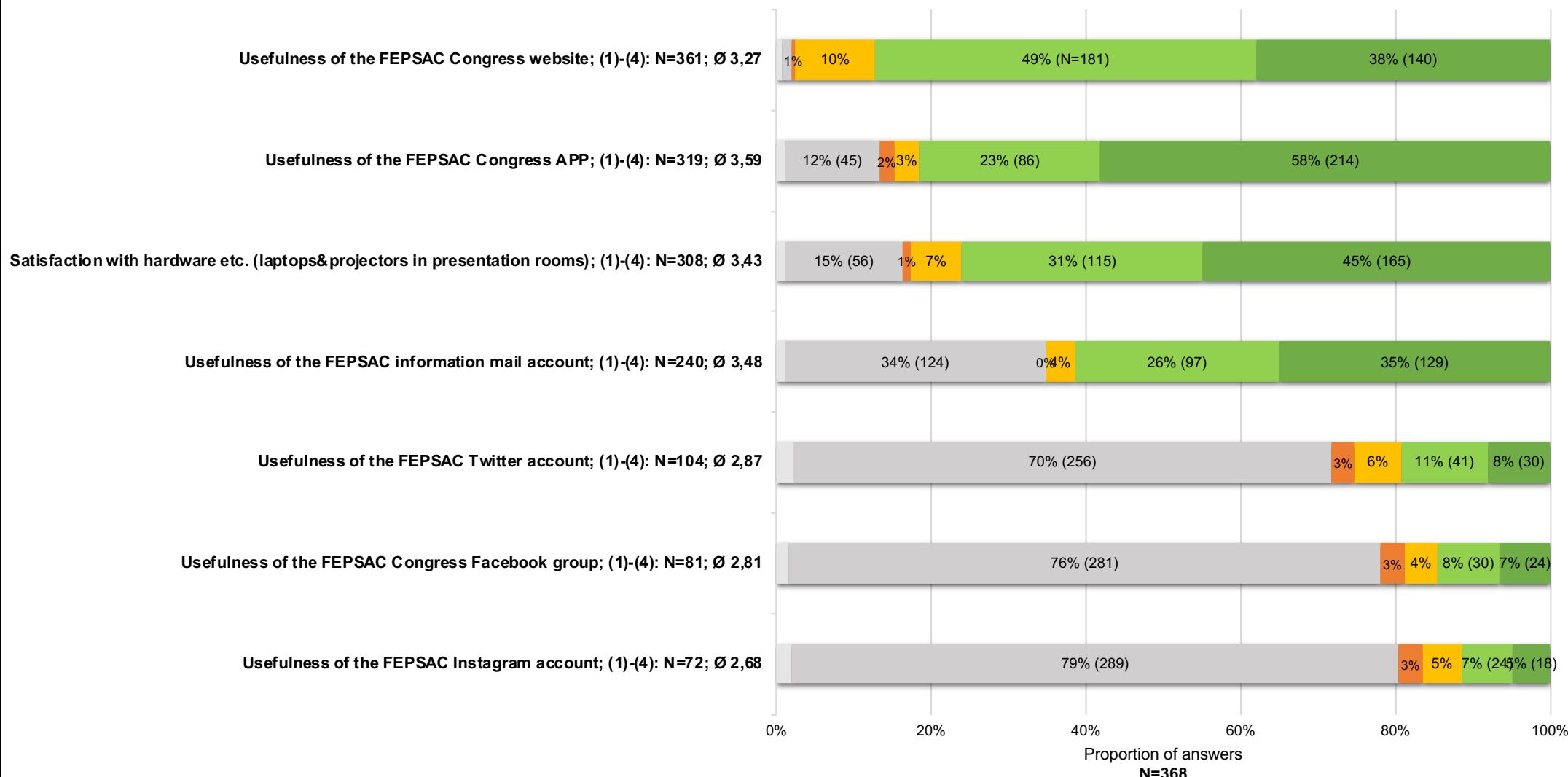
What has been your level of satisfaction with the „Conftool“ online platform (for abstract submission, registration, payments, etc.)?

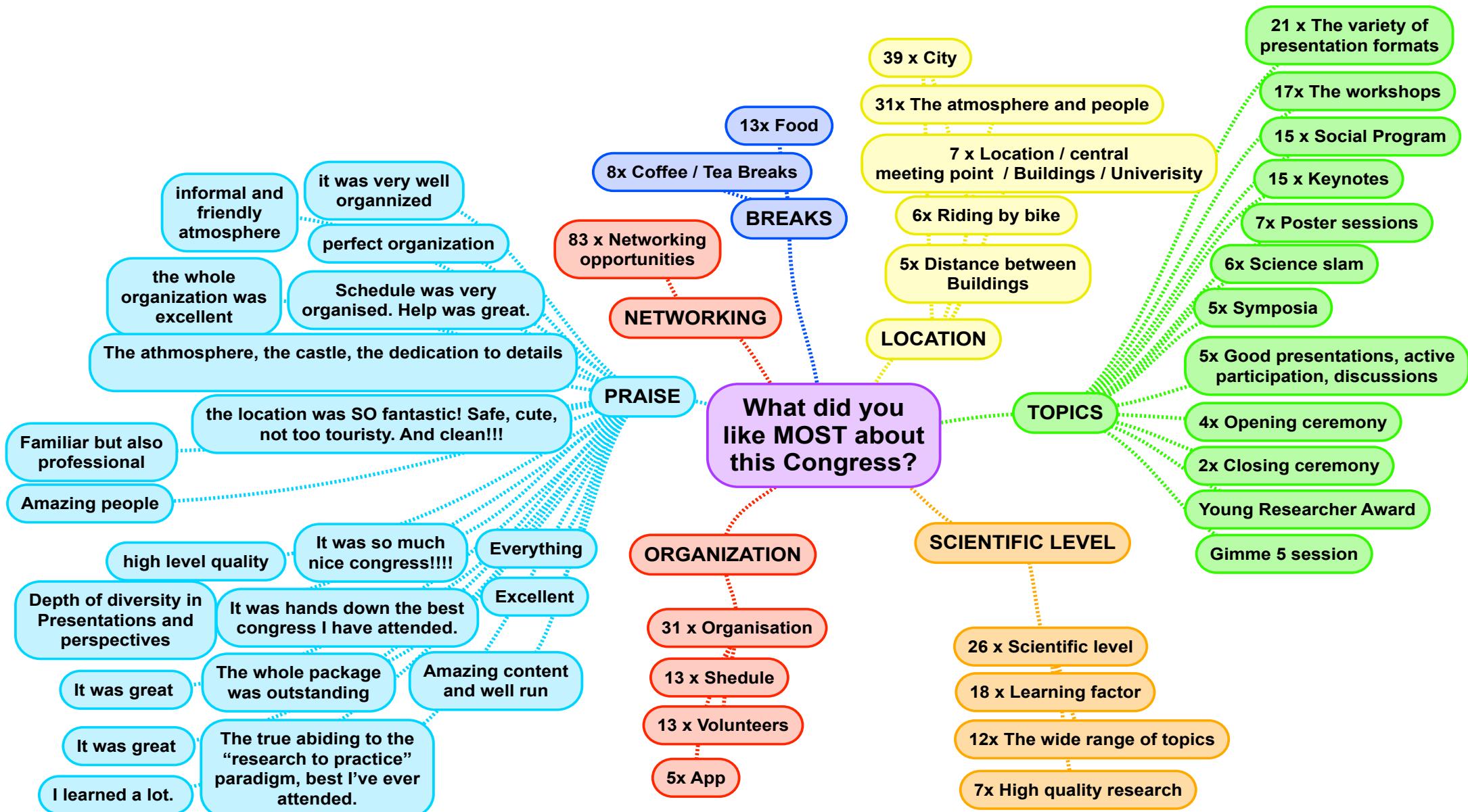


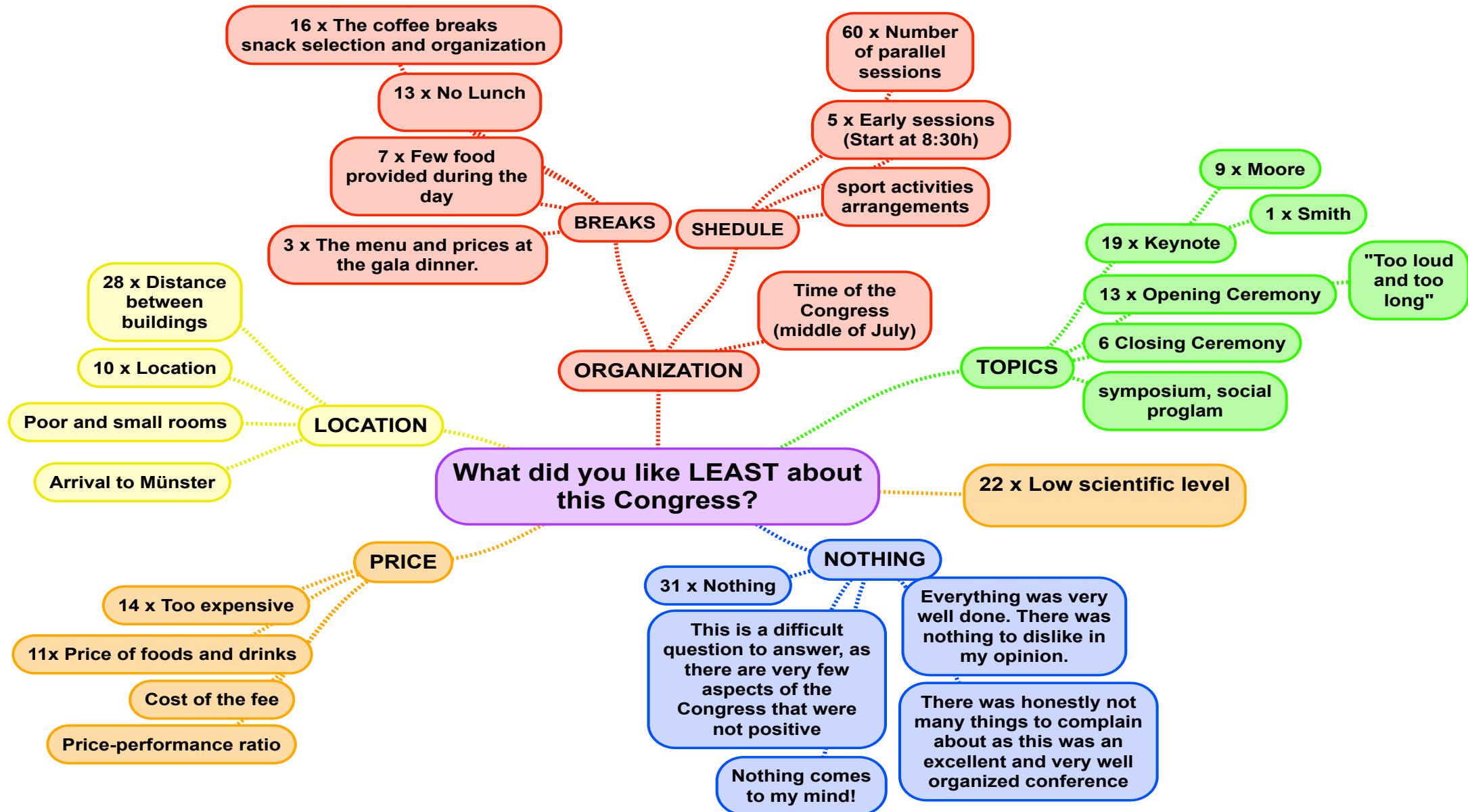


How do you evaluate the FEPSAC Congress technology / the FEPSAC Congress media?

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



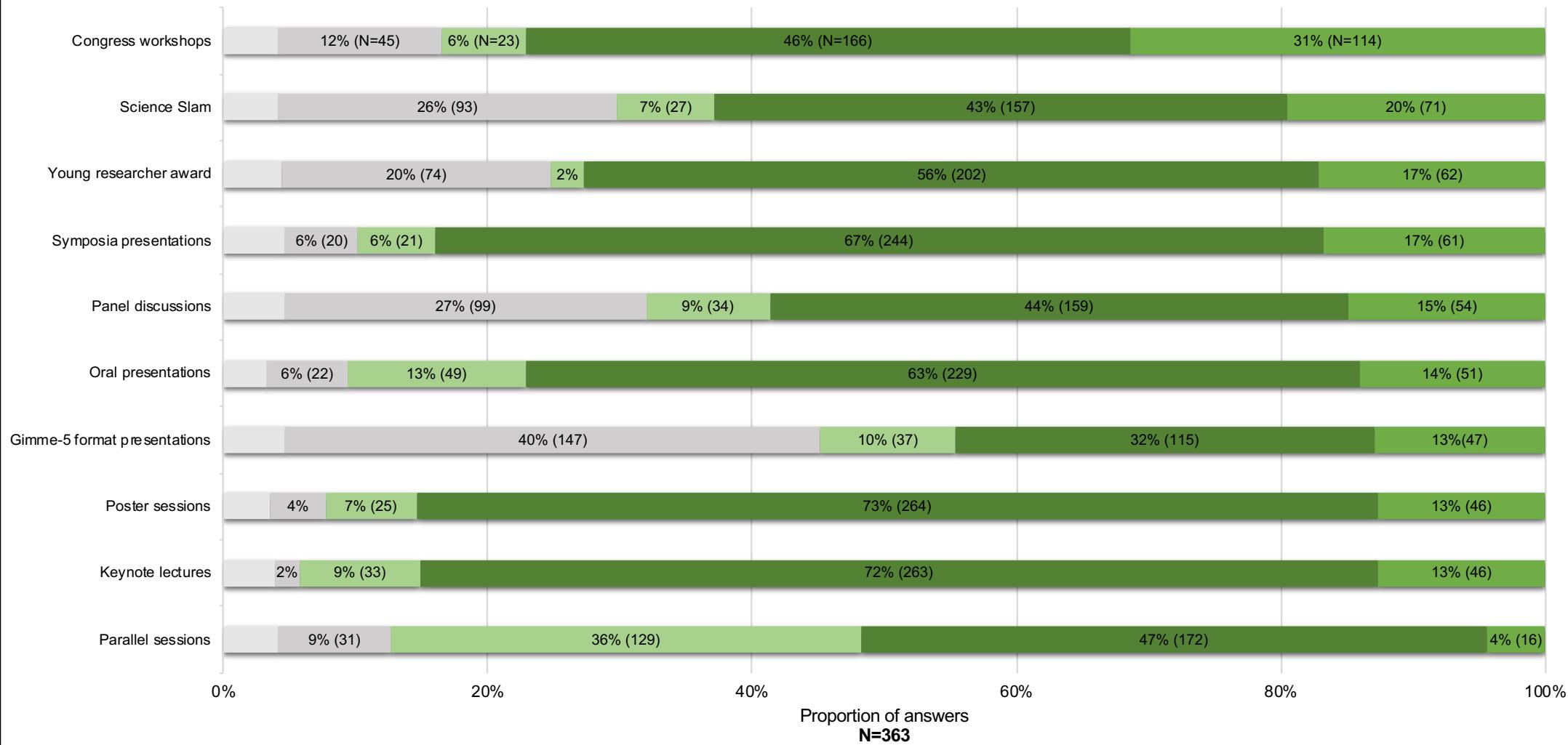




Would you prefer to see more or less of the following presentation formats at the upcoming FEPSAC Congress in Padua, Italy?



■ NO ANSWER ■ I DON'T KNOW ■ LESS ■ APPROPRIATE ■ MORE





Just a special mention to all the 'blue shirts' who went above and above to help. In my case Florin - who walked with and directed me to the univeristtt on the first day of conference for around 25 minutes after being lost. Cannot thank his kindness and time enough!! Top, top, young man!!

The blue shirts were fabulous, it is a pity we cannot take them to all sport psychology congresses.

Superbly organised with so much help and support from the 'blue shirts', cannot wait to attend the next congress

Big thanks to the team in blue! They were great.

good team especially the team in blue.... :)

I thought the student workers were fantastic!

Friendly

Much help available

Great Job

TEAM BLUE

Nice Program

Gmme 5 was an excellent format.

Dinner
All of the social events were great.

The Science Slam was so nice

6 x THE CITY

It's been a great week, amazing programme and fantastic people, congratulations!!

Fantastic conference

Very professional work..

9 x You did an excellent job!

Overall, loved it! :)

Team Münster did an awesome Job!

9 x Well organised congress

Also, I had a few email questions before the conference that were all answered promptly.

The conference could not have been organized better!

I thought it was a very well organized conference. The organization did an amazing job with the schedule and it was all very clear thanks to the book and the app. I also loved the social programs that were organized.

The conference organisers, particularly Bernd Strauss and Barbara Halberschmidt, did a really fantastic job and have set the bar extremely high for organisers of future FEPSAC congresses.

Cordial thanks to Bernd, Barbara and their team for their heart full commitment to the task.

Dinner

All of the social events were great.

Gmme 5 was an excellent format.

TOPICS

POSITIVE STATEMENTS

5 x OPPORTUNITY TO RENT A BIKE

Organizational team managing the congress was superb!

Bernd, Barbara and the entire team did an awesome job.

THANK YOU

14 x Thank you

Thank you for an amazing week.

Thanks; I enjoyed very much:))

You do a sensational job.

Congratulations!!!!

I would say "thank you" to everyone in the FEPSAC congress organisation!! I spent a very good time at the congress, having fun, learning and making new contacts.

It really was outstanding in all aspects. Wish all the workshops had CEUs, however.

Are there any other comments, thoughts or feedback regarding the 2019 FEPSAC Congress that you would like to share?

Lunch

More / Healthy Food

BREAKS

SCHEDULE

CRITICISM

OTHER

8 x Use the Opening Ceremony primarily for networking

shorten the day

PRICE

Price-performance ratio

Registration fee was high

Expensive to get to Münster

Air Conditioning is a must in the future

I was rather disappointed as the congress was indeed named "Congress of Sport AND Exercise psychology" but the space and research concerning exercise psychology was marginal.

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

