

15 TH
EUROPEAN
CONGRESS
OF SPORT &
EXERCISE
PSYCHOLOGY
MÜNSTER
GERMANY



building the future of sport
& exercise psychology.



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THE 15TH FEPSAC CONGRESS

The FEPSAC Congress will take place from July 15-20, 2019 in Münster at the *Schloss Münster* and its surrounding buildings. The special occasion is the 50th anniversary of the European Federation of Sport Psychology (FEPSAC), founded 1969 in France, whose members are comprised of 24 national associations, e.g., including the German Society for Sport Psychology (asp). Accordingly, the hosts are expecting a large number of participants and a considerable amount of public interest. With over 1000 expected participants, the 15th FEPSAC Congress will be one of the largest international sport psychology congresses organised to date.

In the interest of developing sport psychology, every four years the FEPSAC-congress takes place in different locations in order to discuss the recent scientific advancements in the field and their practical implementations (e.g., in sports, exercise and health). The 14th congress took place 2015 in Bern, Switzerland.

Internationally renowned scientists will give keynote lectures and speak to attendees from all over the world. Numerous workshops, poster exhibitions and symposia will guarantee both a scientific and applied-oriented program.

Over the next pages we will provide an overview of the event.

Prof. Dr. Bernd Strauß (Head of congress)
Dr. Barbara Halberschmidt (Managing Director)

- › July 15-20, 2019 at the *Schloss Münster*
- › Celebrating the 50th anniversary of the European Federation of Sport Psychology (FEPSAC)
- › 1000-1200 participants from around the world are expected
- › Organised by the Department of Sport Psychology of the University of Münster

FEPSAC

FEPSAC – Fédération Européenne de Psychologie des Sports et des Activités Corporelles

The idea for an European Federation of Sport Psychology was developed during the first European Congress for Sport Psychology in Varna (Bulgaria). The federation was founded during the first general assembly at the second European Congress of Sport Psychology in Vittel (France) on the 4th of June 1969.

FEPSAC's main objective is the advancement of scientific work in the area of sport psychology as well as the application of science in different areas such as sports, exercise and health.

To ensure an international exchange, on behalf of FEPSAC an internationally renowned European congress takes place every four years. Furthermore, the managing council of FEPSAC, composed of members from nine different countries (President: Prof. Dr. Anne-Marie Elbe), publishes position statements on current and important (scientific) questions.

In addition to the leading international journal »Psychology of Sport and Exercise« (published by Elsevier) FEPSAC is involved in a number of book publications. The support and development of students and young sport psychologists is also highly valued by FEPSAC (e.g., in the European Master's degree in Sport Psychology)



> **1968:** First European Congress of Sport Psychology in Varna (Bulgaria)

> **1969:** Foundation of the European Federation of Sport Psychology (FEPSAC) at the second European Congress in Vittel (France)

> **2000:** Foundation of the international journal »Psychology of Sport and Exercise« (Elsevier)

> **today:** Supporting the development of sport psychology through the organisation of international congresses and conferences, book publications, position statements as well as scientific commentaries addressing current topical and important themes with the overall objective to promote ethical and professional standards in sports.



**In the heart
of Europe**

CITY OF MÜNSTER

A liveable city, Germany's bicycle capital

Münster is located in the heart of Europe and can easily be reached for the numerous national and international guests by the congress. The airport Münster/Osnabrück (FMO), located just 30km away, presents a useful travel option, in addition to an extensive system of motorways and railway (including high speed trains; ICE).

This open-minded and medieval city is surrounded by the beautiful area of *Münsterland*, which presents visitors with a variety of distinctive landscapes to explore, from natural scenery to classical castles and churches.

The city of Münster, with its rich cultural tradition, offers countless historical and modern sights and points of interest, such as the St. Paulus cathedral, the *LWL* Museum and the city hall, where the famous Peace of Westphalia treaty was signed in 1648. The Westphalian metropolis gained international recognition in 2004 through receiving the Gold medal in the LivCom competition (awarded by UNEP) as most livable city in the world.

Münster has a wide range of recreational activities to offer. In addition to peaceful relaxation areas such as the lake *Aasee* or the *Promenade*, Münster is also known for its cultural highlights and distinctive nightlife. Furthermore, with 9 universities, colleges and academies and more than 60.000 students, Münster is one of the largest centres for education and science in Germany – a true »university city«.

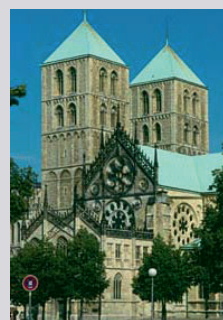
Münster is called the capital of bicycles, in Germany at least. Bicycles are the No. 1 transportation means. More than 500.000 bikes can be counted, in a town for 300.000 citizens.

Due to the size and significance for this congress, it will take place in the *Schloss* - the landmark of the University of Münster.



› Offers a rich cultural tradition with countless sights and points of interest from the middle-ages, baroque era and modern times

› surrounded by the beautiful *Münsterland*



› A true »university city« with 9 universities, colleges and academies and more than 60.000 students



»Münster: capital of bicycles«



› Venue is the *Schloss*, the landmark of the University of Münster

THE PROGRAM

Manifold, representative and cheerfully festive

At the Opening Reception on July 15, 2019, all participants, representatives and honorary guests will be greeted with drinks, hors d'oeuvres and live entertainment at the famous *LWL* Museum for Art and Culture.

Throughout the week, every day up to 20 scientific and applied sessions and workshops will be offered, up to seven poster sessions and various different exhibition formats complementing the program. In total, roughly 500 contributions will take place in the *Schloss*, the lecture building and the so-called *Von-Stein-Haus*. Additionally, numerous events with representatives from national and international institutes of science, politics, sport and economics, are planned. An exhibition space provides the opportunity for partners and sponsors to present their institution, products, materials or projects to an engaged audience.

Along with a captivating scientific and applied program, international participants can look forward to a diverse social program, offering recreational opportunities like excursions, guided tours and sporting activities.

Additionally, there will be an exclusive event for representatives of FEPSAC and invited honorary guests on Wednesday July 17, 2019 in the medieval *Erbdrostenhof* Münster. The Managing Council intends to celebrate FEPSAC's 50th anniversary with 100 selected guests.

The Gala dinner for all guests and attendees will be on July 19, 2019 at the *Speicher 10* in Münster, a popular event location that combines both historic and modern charm. The 50th anniversary of FEPSAC will also be a central theme for this event. The FEPSAC congress will receive media coverage and a lot of public attention.

› The Congress venue: the *Schloss*, the lecture hall and the *Von-Stein-Haus* (pictured)



› The *Speicher 10* provides the perfect event location for our Gala dinner



› The VIP event will be hosted at *Erbdrostenhof*



› The Opening Ceremony of the FEPSAC Congress will be held at the *LWL* Museum on July 15, 2019

SPORT PSYCHOLOGIE MÜNSTER

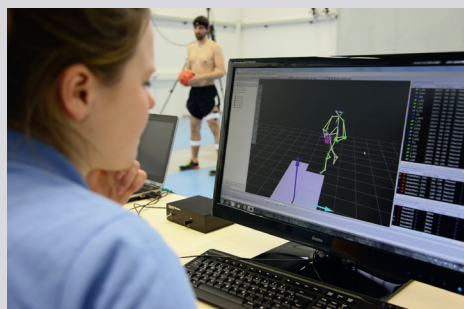
› The host: Department of Sport Psychology at the University of Münster



› Detailed advertising strategies have been developed over the last year to cater to the event's importance, public presence and media exposure



› In addition to teaching and providing support for junior researchers, we work with cutting edge research technology, particularly in the areas of expertise in sport; elite sport; motor development and health



THE LOCAL HOST

The Department of Sport Psychology

The Department of Sport Psychology belongs to the Institute of Sport and Exercise Sciences, one of the leading institutes in Germany according to national rankings (e.g., CHE ranking). The University of Münster represents one of the largest and most prolific universities in Germany.

From the beginning, the department has developed a comprehensive marketing strategy in collaboration with the University's design department. Part of this effort is the distribution of postcards, flyers, posters and other advertising material nationally and worldwide at various stages. A website (www.fepsac2019.eu) is already on static display and interactive functions will be online in spring 2018. Information will also be available on Facebook and other social media channels.

The department of Prof. Dr. Bernd Strauß will be planning, organising and hosting the 15th FEPSAC Congress, one of the largest sport psychology congresses worldwide. In addition to the teaching programs and the support for junior scientists, the Department of Sport Psychology works with cutting edge technology and research methods, particularly in the areas of expertise in sport, exercise, motor development, and health.

Furthermore, the members of the Department of Sport Psychology are engaged in a wide variety of activities both within and outside of the University. For example, Prof. Dr. Bernd Strauß is the commissioner for elite sports at the University of Münster and President of the German Society for Sport Psychology (asp). Prof. Dr. Maike Tietjens is a Vice-president of the University of Münster. Dr. Barbara Halberschmidt is an academic counsellor and has organised many major scientific events in the past.

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