

Program of Training Course “Psychological Aspects of Sports”

The objective of this course is to provide candidates with the latest information on the development of sports psychology. By applying the knowledge of sports psychology in daily practice, coaches can train athletes in a more systematic and scientific way. This course provides an opportunity for coaches in Macao for continuous development and improvement to their training methods, and helps promote the continuous development of sports in Macao.

1. Organizers:

Macao Sport Development Board of the Macao SAR Government
Macao Polytechnic Institute
Macao Society of Sport Science and Physical Education

2. Support:

International Society of Sport Psychology (ISSP)

3. Targets:

Students currently studying for or have already obtained a degree in physical education or other related aspects of sports; or coaches of sports associations recognized by the Macao Sport Development Board. Candidates should have communicative proficiency in English.

4. Places: 40

5. Fee : Free

6. Program:

- a. The development of Sport Psychology in the World
- b. The international organization of Sport Psychology
- c. Sports excellence and psychological characteristics
- d. High performance and mental suffering
- e. The role of family and sports organizations
- f. The coach and the psychologist
- g. Sport and athletes' personal development
- h. Mental training and psychological preparation
- i. The transition to life after High Performance

7. Trainers

This course will be given by academic professionals from the University of Lisbon in Portugal who will address issues on knowledge, methods and latest training techniques in the world.

8. Language: English (simultaneous Cantonese translation)

9. Location: Macao Polytechnic Institute Auditorium 1

10. Date:

17 July 2015 (Friday)	19:00 ó 21:00
18 July 2015 (Saturday)	14:30 ó 17:00 & 17:30 ó 20:00
19 July 2015 (Sunday)	09:00 ó 10:30 & 11:00 ó 12:30

11. Certification

Candidates wishing to obtain certificate of the course must achieve an attendance rate of at least 75% in the course concerned.

12. Application procedures and deadline

Candidates must submit the completed application form to the Macao Sport Development Board by 3rd July, 2015.

Information and application form can be downloaded from the Macao Sport Development Board website: www.sport.gov.mo

13. Hotline: 28580762