

# **Training Course in Kinesiology, Learning of Motor Skills Acquisition and Sport Psychology**

## **Theme Course - 2017: Sport Psychology**

The training course in Kinesiology, Learning of Motor Skills Acquisition and Sport Psychology, which began in 2015, comprises three themes, spanning over three years, with a specific theme for each year, and the theme of 2017 is Sport Psychology. By hosting this course, the organizers aim to foster more local sport professionals, and to update candidates with the latest developments in sport training and sport science through interactions and discussions, which in turn would help raise the levels of sport professionals and promote sports development in Macao.

### **1. Organizers:**

Sports Bureau of Macao SAR Government  
Macao Polytechnic Institute  
Macao Society of Sport Science and Physical Education

### **2. Support:**

International Society of Sport Psychology

### **3. Targets:**

Students currently studying physical education or other aspects of sports, and coaches of sports associations recognized by the Sports Bureau. Candidates should have communicative proficiency in English.

### **4. Places: 90**

### **5. Fee: Free**

### **6. Program (15 hours):**

- 1) The Relationship Coach-Athlete. The leadership and communication processes, and the coaching strategies.
- 2) The Motivation in Sport. Components, types and motivational orientation; motivation development and management.
- 3) The group dynamics. Attraction and integration into the Group. Team building, cohesion and the management.
- 4) The psychological training. Emotions and concentration management. The psychological regulation techniques and the mental training.
- 5) The sports talents. The gifted and the talented youngsters. Characteristics and development of talents in sport.

### **7. Trainers:**

This course will be guided by the academic Professor Dr. Sidónio Serpa 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. Certification:**

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

### **10. Date & time:**

22 June (Thursday)	18:30 – 20:30
23 June (Friday)	18:30 – 20:30
24 June (Saturday)	09:00 – 11:00 ; 11:30 – 13:00 ; 14:30 – 16:30 ; 17:00 – 19:00
25 June (Sunday)	09:00 – 11:00 ; 11:30 – 13:00

### **11. Location: Lecture Theatre no. 1, Macao Polytechnic Institute**

### **12. Application procedures and deadline:**

Candidates must submit the completed application form to the Sports Bureau by 2<sup>nd</sup> June, 2017.

### **13. Information and application form can be downloaded from the Sports Bureau website: [www.sport.gov.mo](http://www.sport.gov.mo)**

### **14. Hotline: 28580762**