



BLENDED INTENSIVE PROGRAMME (BIP) 2025

Master's Degree/PhD in Psychology/Sport Science

Sport mental training in Europe: Programme overview

Host institution:

University of Gdańsk (Poland)

Partners institutions:

University of Extremadura (Spain), Claude Bernard Lyon 1 University (France), Karlstad University (Sweden), Humboldt University of Berlin (Germany), University G. d'Annunzio (UdA) of Chieti-Pescara

Faculty:

- Marika Berchicci, Annalisa Tosoni, and Carlo Sestieri from the University "G. d'Annunzio", Chieti-Pescara (Italy)
- Francisco M. Leo, Tomás García-Calvo, Juan J. Pulido, and Miguel A. López-Garjardo from the University of Extremadura (Spain).
- Emma Guillet Descas, Virginie Nicaise, and Guillaume Martinent from the Claude Bernard Lyon 1 University (France).
- Dagmara Budnik-Przybylska, Maria Kaźmierczak, Jacek Przybylski from the University of Gdańsk (Poland).
- Henrik Gustafsson, Gabriella Torell Palmquist, and Stefan Wagnsson from the Karlstad University (Sweden)
- Franziska Lautenbach from the Humboldt University of Berlin (Germany)

Number of ECTS provided: 3

The focus will be sport psychology, and, more specifically, mental training, described as "a training which consists in developing mental and cognitive skills with the objective of optimizing the personal or collective performance of athletes while promoting the pleasure of practice and autonomy" (Fournier, 2012). Psychological skills strongly contribute and influence performance.

This lecture program is organized around four main topics.

The first topic focuses on psychological skills training, considering imagery, empathy, goal setting strategies, pre-performance routines, mental plans, and practical application of mental skills training.

The second topic focuses on the engagement processes in athletes, coaches, and stakeholders, describing the theories and the antecedents, as well as the strategies and the scenarios used to optimize the engagement. Particular attention will also be devoted to the perspective on diversity and inclusion in sport.

The third topic addresses the issue of cognition and exercise, suggesting the need to understand the neural substrates of certain cognitive and motor processes to implement training, such as memory and spatial navigation training, and to adapt psychophysiological knowledge to the recovery from stress. These



approaches can promote the improvement of sports performance, which, as supported by empirical and field data, is the result of the close interaction between brain and body.

The fourth topic deals with team dynamics and leadership development in athletes and coaches, considering antecedents and consequences of team resilience in collective sports, strategies, and applications to foster group processes and performance in sports teams.

Lectures will be delivered in English by lecturers from one of the universities participating in the BIP program. Lecturers are recognized experts in their field.



PROGRAM OVERVIEW

TOPIC 1 - Psychological (mental) skills training

- A) Imagery and empathy in sport (Dagmara Budnik-Przybylska, Poland)
- B) Mental skills training (Jacek Przybylski, Poland)
- C) Developing pre-performance routines and mental plans (Henrik Gustafsson, Sweden)
- D) Goal setting strategies (Stefan Wagnsson, Sweden)
- E) Empathic skills in sport (Maria Kaźmierczak, Poland)

TOPIC 2 - Engagement process for athletes, coaches, and stakeholders.

- A) Theories of engagement (Emma Guillet Descas, France).
- B) Antecedents of the athlete engagement: coaches and parents' influence (Virginie Nicaise, France).
- C) Strategies and scenarios for optimizing athlete' engagement (Guillaume Martinent, France).
- D) Perspectives on diversity and inclusion in sport (Gabriella Torell Palmquist, Sweden)

TOPIC 3 – Brain and cognition in action

- A) The impact of mental and physical fatigue on performance (Marika Berchicci, Italy)
- B) Pushing the limits of human memory (Carlo Sestieri, Italy)
- C) The macro-affordance effect: characteristics, neural correlates and role in the built environment (Annalisa Tosoni, Italy)
- D) Stress-recovery balance (Franziska Lautenbach, Germany)

TOPIC 4 – Team dynamics and leadership development in athletes and coaches

- A) Group structure, group processes, and emerging states in collective sports (Francisco M. Leo, Spain)
- B) Leadership in sport teams (Juan J. Pulido, Spain)
- C) Antecedents and consequences of team resilience in collective sports (Miguel A. López-Garjardo, Spain)
- D) Group processes and performance in sports teams: Strategies and applications (Tomas G. Calvo, Spain).



PROGRAMME OVERVIEW

FIRST SESSION (online): April 14-15

14.04.2025

h 10-11

Background information and presentation of topics with suggestions for reading and studying

Group self-presentation (staff and students)

h 11-12

Lecture: Dagmara Budnik-Przybylska (Poland): Imagery in sport

15.04.2025

h 11:30-13:30

Lecture: Franziska Lautenbach (Germany): Stress-recovery balance

SECOND SESSION: University of Gdańsk, May 12-16

12.05.2025

h 12-14

- **Welcome and lunch**

h 14-18

TOPIC 1: Psychological (mental) skills training

- Maria Kaźmierczak (University of Gdańsk, Poland): Empathic skills in sport
- Jacek Przybylski (University of Gdańsk, Poland): Mental skill training
- Henrik Gustafsson (Karlstad University, Sweden): Developing pre-performance routines and mental plans
- Stefan Wagnsson (Karlstad University, Sweden): Goal setting strategies

13.05.2025

h 9-13

TOPIC 2: Engagement process for athletes, coaches, and stakeholders.

- Emma Guillet Descas (France): Theories of engagement
- Virginie Nicaise (France): Antecedents of the athlete engagement: coaches and parents' influence
- Guillaume Martinent (France): Strategies and scenarios for optimizing athlete' engagement



- Gabriella Torell Palmquist (Karlstad University, Sweden): Perspectives on diversity and inclusion in sport

h 16.00 Afternoon trip

14.05.2025

h 9-11

TOPIC 3: Brain and cognition in action

- Carlo Sestieri (University "G. d'Annunzio", Chieti-Pescara, Italy): Pushing the limits of human memory
- Annalisa Tosoni (University "G. d'Annunzio", Chieti-Pescara, Italy): The macro-affordance effect: characteristics, neural correlates and role in the built environment

h 11-12.30

TOPIC 4: Team dynamics and leadership development in athletes and coaches

- Tomás García-Calvo and Francisco M. Leo (University of Extremadura, Spain): Group structure, group processes, and emerging states in collective sports

h 12.30-13.30

Group work on a specific topic. Students' preliminary projects

15.05.2025

h 10.00-11.30

Conference Practical Sport Psychology: Symposium Euromental

h 16.30-18.00

Conference Practical Sport Psychology - Workshop TOPIC 4: Juan J. Pulido and Miguel A. López-Gajardo (University of Extremadura, Spain): Practical Applications of Leadership Styles and Group Dynamics in Educational and Sport Contexts

h 20

Conference dinner

16.05.2025

h 9.40-10.20

Conference Practical Sport Psychology - Plenary lecture: Marika Berchicci (University "G. d'Annunzio", Chieti-Pescara, Italy): The impact of mental and physical fatigue on performance



THIRD SESSION (online): June 3-4

03.06.2025

h 16-18

Project presentations and discussions

04.06.2025

h 16-18

Project presentations and discussions