



The
British
Psychological
Society

NI Working Group in Sport &
Exercise Psychology



Workshop

'A Case Based Approach to Sport and Exercise Psychology'

Wednesday 29th February 2012 at 4.30pm
University of Ulster Jordanstown,
(Room 16G29)

The British Psychological Society's Division of Sport and Exercise Psychology represents the interests of psychologists working in sport and exercise settings and aims to further the development of sport and exercise psychology. It draws its membership from a broad range of psychologists including those working in academic settings and professional practice. The Division was formed in 2004 in response to the increase in academic status and public recognition of sport and exercise psychology. This interactive workshop is aimed for graduates, PhD students, applied sport and exercise psychologists and researchers. The workshop includes speakers from academic and professional settings. Key issues in delivering sport and exercise psychology support to athletes as well as reflections on best practice will be discussed using case studies.

- 4:30pm Dr. Gavin Breslin (University of Ulster, NIBPS Committee)
Perfectionism and dealing with injury: a case study from soccer
- 5:00pm Dr. John Kremer (Queens University Belfast)
Growing with a team: a case study from county football
- 5:30pm Professor. David Lavalley (The University of Stirling)
Managing transitions in elite sport
- 6:30pm Question and answer session

**To book a place at this FREE workshop please email
n.ireland@bps.org.uk before 24th February 2011. Due to the size of
the room the Workshop will be restricted to 25 places**
