

## European Federation of Sport Psychology (FEPSAC)

Welcome to this issue of the FEPSAC Newsletter – *Fédération Européenne de Psychologie des Sport et des Activités Corporelles* (European Federation of Sport Psychology).

### News from FEPSAC

FEPSAC is proud to inform you that the podcasts of the Keynote Lectures and some other specific sessions held during the 14th European Congress of Sport Psychology in Bern, Switzerland are available now on our website: [http://www.fepsac.com/congresses/former\\_congresses/congress\\_2015/podcasts/](http://www.fepsac.com/congresses/former_congresses/congress_2015/podcasts/)

These include:

- Keynote Lecture 1 from Paddy Ekkekakis; Escape from cognitivism: Exercise as a hedonic experience
- Keynote Lecture 2 from Sergio Lara-Bercial and Cliff Mallett; Serial winning coaches – Vision, people and environment
- Keynote Lecture 3 from Kari Fasting; Sexual harassment and abuse in sport – Implications for sport psychologists
- Keynote Lecture 4 from Claudia Voelcker-Rehage; Benefits of physical activity and fitness for lifelong motor and cognitive development – Brain and behaviour
- Keynote Lecture 5 from Nancy J. Cooke; Interactive team cognition: Focusing on team dynamics
- Keynote Lecture 6 from Chris Harwood; Doing sport psychology? Critical reflections as a scientist-practitioner
- Roundtable 1: Professional challenges working at the Olympic level chaired by FEPSAC Past President Paul Wyllemann with Daniel Birrer, Swiss Federal Institute of Sport Magglingen, Switzerland, Jörg Wetzel, Swiss Olympic Association, Switzerland, Hafrún Kristjánsdóttir, Icelandic Olympic Committee, Iceland and Lina Vaisetaite, Lithuanian Olympic Committee, Lithuania
- Roundtable 2: An international perspective on the organisation of sport psychology chaired by FEPSAC Past President Paul Wylleman with Gangyan Si, ISSP, Diane Ste-Marie, NASPSA, Gualberto Cremades, AASP, Elisabeth Rosnet, IAAP and Anne-Marie Elbe, FEPSAC
- Debate: Certification for sport psychology service delivery in Europe chaired by Vana Hutter, VU University Amsterdam, The Netherlands, with David Fletcher, Loughborough University, UK, Gangyan Si, Hong Kong Institute of Education, Hong Kong, Natalia Stambulova, Halmstad University, Sweden and Roland Seiler, University of Bern, Switzerland

### FEPSAC General Assembly 2016

After FEPSAC legally status as an established international non-profit organisation (INPA) in April 2015, our organisation must, by law, report yearly to the Belgian Ministry. For this reason, FEPSAC must now run a yearly General Assembly – the first of these took place on the 9th of March 2016. During this given General Assembly, President Anne-Marie Elbe, General Secretary Nadine Debois, and Treasurer Antonis Hatzigeorgiadis presented their reports; all reports were unanimously accepted by the present members at the General Assembly. Given the fact that (a) Elsevier increased the fee for a single PSE subscription from 10 to 18 euros and (b) FEPSAC has appointed an administrative assistant to support the work of the Managing Council, during the General

Assembly it was discussed and subsequently approved to increase, as from January 2017 onwards, the annual membership fees for individual members only, as follows:

- (a) From 30 to 35 € for individual members
- (b) From 50 to 60 € for individual members, with PSE access
- (c) From 40 to 50 € for individual members affiliated to a group member, with PSE access
- (d) From 35 to 40 € for student members, with PSE access

The membership fees for group members remain unchanged.

## The 10th anniversary meeting of the Research in Imagery and Observation Group

By Jonathan Emerson, Matthew Scott, Ryan P. W. Kenny & Erica Jinks

Hosted by the University of Manchester and Manchester Metropolitan University (6–7th April 2016), this engaging event offered students, academics, practitioners and researchers alike the opportunity to present their recent research and ideas in the field of imagery and observation and to engage in supportive group discussions. With the audience varying from first time attendees to common faces within the RIO group, the majority of people seemed to find the meeting an excellent and engaging event. Although advertised as a conference, there was a casual feel with a sense of community. The venue and organisation of the event was ideal for all who attended with it being situated in central Manchester.

The conference opened with a warm welcome from the recently appointed RIO organisers: Drs Adam Bruton (University of Roehampton), Cornelia Frank (Bielefeld University, Germany), Dan Eaves (Teesside University) and David Wright (Manchester Metropolitan University). These organisers now take over from the founding members, who were congratulated on their excellent running of the group over the last decade: Prof Martin Edwards (Université Catholique de Louvain), Dr Jennifer Cumming (University of Birmingham), Prof Nichola Callow (Bangor University), Prof Paul Holmes and Dr Dave Smith (Manchester Metropolitan University). This handover was followed by a heartfelt commemoration by Martin Edwards to his own PhD supervisor, the late Prof Glyn Humphreys. Please see the RIO website for a full programme of all the abstracts delivered in either oral or poster formats (<http://riogroup.weebly.com/>).

In the first section of presentations (Sports and Performance) first-time attendee and undergraduate, Mason Blake (undergraduate student at University of Roehampton), delivered an excellent piece of research into visual gaze when observing team sports, exploring the influence of familiarity on efficacy perceptions. All presentations in this section were the work of either undergraduate or postgraduate students in the field, providing them with a good platform to share and discuss their research, and gain advice and valuable insights into future directions for their research. Georgia D'Innocenzo (PhD candidate at Brunel University) delivered a very interesting presentation of the effects of visual fixation location on motor resonance during observation of phasic thumb movements. Following this, Dr Stefan Vogt (senior lecturer at Lancaster University), gave a fascinating talk titled 'motor imagery engages an insula-centred tactile network more than action observation: an fMRI study'. Extending the common belief that neural substrates of action observation and motor imagery overlap, his data showed motor imagery engages a tactile-kinaesthetic simulation greater than that involved in action observation.

The second day of the conference opened with the Cognition symposium led by Dr Emma Gowen (senior lecturer at The University of Manchester) discussing her research

into the representations of non-biological stimuli. Showing the complexity of the human mind, it was revealed that once an object is believed to represent human motion, the body can then generate an internal simulation of the observed movement. A stand out presentation was delivered by Stacey Humphries (PhD candidate at The University of Manchester) on the influence of high and low motor-verbal content on the way actions are depicted with hand gestures in those with Parkinson's disease (PD). Patients were required to describe a previously observed cartoon sequence involving high and low levels of action content. Interestingly, PD sufferers found it more difficult to produce gestures that reflected first person 'motor simulation' perspectives, compared to a control group of healthy individuals.

The highly anticipated keynote speaker's presentations closed each day, with Dr. Beatriz Calvo-Merino of City University London finishing the first day of the conference. Closing the following day and wrapping up the conference was keynote speaker Prof. Giovanni Buccino of Università Magna Graecia, Catanzaro. Calvo-Merino gave a very clear and engaging presentation of her famous work into the specificity of motor resonance effects in experienced dancers. She then showed how her current work extends this line of enquiry to investigate sensorimotor evoked responses in the brain. Buccino managed to capture the audience's imagination with his research in motor processing of visual and audio stimuli. Following this, he introduced his latest piece of research in which he had turned his attention to a developing area within observation research being its application to Parkinson's disease patients. Essentially showing that touch can facilitate sensorimotor representations in a novel way. Furthermore, the closing discussion panel headed by the new organisers of the RIO group, were accompanied by Calvo-Merino and Buccino. This open discussion on key issues in imagery and observation research between expert individuals within the area was extremely appreciated, as this provided an opportunity to explore previously unasked questions regarding research in observation and imagery. The contributors and attendees of this review found the whole conference to be extremely satisfying and would highly recommend readers to consider attending and joining the 2017 RIO group meeting at the University of Roehampton, London, UK.

### icSPORTS conference

The 4th International Congress on Sport Sciences Research and Technology Support organized by INSTICC (Institute for Systems and Technologies of Information, Control and Communication) will take place from 7 to 9 of November 2016 in Porto, Portugal. FEPSAC members will benefit from a registration fee reduction. Please find below a brief description of the conference written by icSPORTS Secretariat, INSTICC.

The icSPORTS aims at creating a meeting point for researchers and practitioners that address new challenges in Sport Sciences Research and Technology Support. The conference welcomes original papers of either practical or theoretical nature, presenting research or applications, of specialized or interdisciplinary nature, addressing any aspect of Sport Sciences Research and Technology Support, including improvement of physical activities, sports medicine, biotechnology and nutrition, sports management, and all imaginable application areas in sports. This congress intends to be a meeting point of both academics and practitioners, in order to exchange ideas and develop synergies. One of the most important contributions that icSPORTS brings about is the creation of a high-level forum in collaboration with the most prestigious internationally recognized experts, including names such as Jan Cabri (Norwegian School of Sport Sciences, Norway) as a Congress Chair and Pedro Pezarat Correia (Faculdade de Motricidade Humana, Universidade de Lisboa, Portugal) as Program Chair. icSPORTS 2016 will have 3 invited speakers recognized experts in their areas. Jim Richards (Allied Health Research unit, University of Central Lancashire, United Kingdom) is already confirmed. Further information about icSPORTS 2016 can be found at the conference

