



Applied Sport Psychology Conference for 2020 Olympic Games

21-22 February 2020

The conference, jointly organised by the Hong Kong Sports Institute (HKSI) and the Hong Kong Society of Sport & Exercise Psychology (HKSSEP) will be held on 21-22 February 2020 at the HKSI, Hong Kong, China.

Psychological training plays a vital role in helping Hong Kong athletes excel in various sports at a number of major international sporting events. The purpose of this Applied Sport Psychology Conference is to support Hong Kong coaches and athletes to better prepare for the 2020 Olympic Games. In this conference, the sport psychology practitioners will discuss the most happened “psychological issues” in major competitions from the perspective of sport psychology intervention, and use the opportunity to foster closer collaboration with coaches and athletes.

Programme

Day 1 – Friday, 21 February 2020 14:30 - 18:00	
14:30 - 14:40 (10 minutes)	Opening ceremony
14:40 - 16:10 (90 minutes)	Keynote presentation 1: The evolution of sport psychology provision at the Olympics - Dr. Sean McCann, Senior Sports Psychologist, United States Olympic Committee
16:10 - 16:30 (20 minutes)	Tea Break
16:30 - 18:00 (90 minutes)	Practical Workshop 1: Getting to the next level- Psychological skills needed for breakthrough performances at the most important events - Dr. Sean McCann, Senior Sports Psychologist, United States Olympic Committee

Day 2 – Saturday, 22 February 2020 09:00 – 17:50	
09:00 - 10:30 (90 minutes)	Keynote presentation 2: Irrational performance beliefs: Rational Emotive Behaviour Coaching (REBC) within sport - Dr. Martin James Turner, Reader in Psychology, Manchester Metropolitan University
10:30 - 10:45 (15 minutes)	Tea Break
10:45 - 12:30 (90 minutes)	Practical Workshop 2: The application of Rational Emotive Behaviour Coaching (REBC) with athletes and coaches - Dr. Martin James Turner, Reader in Psychology, Manchester Metropolitan University
12:30 - 14:30 (120 minutes)	Lunch / Visit HKSI facilities

14:30 - 16:00 (90 minutes)	Keynote presentation 3: Sport psychology intervention integrated with cultural elements - Dr. Si Gangyan, Senior Sport Psychologist, Hong Kong Sports Institute
16:00 - 16:20 (20 minutes)	Tea Break
16:20 - 17:50 (90 minutes)	Panel discussion: Psychological intervention for performance enhancement <u>Panellists:</u> - Dr. Sean McCann, Senior Sports Psychologist, United States Olympic Committee - Dr. Martin James Turner, Reader in Psychology, Manchester Metropolitan University - Dr. Henry Li, Sport Psychologist, Hong Kong Sports Institute <u>Moderator:</u> - Dr. Si Gangyan, Senior Sport Psychologist, Hong Kong Sports Institute

Venue

Lecture Theatre, Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong

Target audience

Coaches, athletes, practitioners in sport psychology and other sports science fields, and sports administrators.

Language

English (*Simultaneous Interpretation is not available*)

Registration method

Registration will be opened in late-December 2019. Participants can register to the conference either through the online-registration system or postal registration.

Please download the registration form or access to the online-registration system at <https://www.hksi.org.hk/spc2020>.

Registration type and fee

Registration Type	Registration Fee (Includes 1.5 days conference and tea breaks)
Standard Registration (Local / Mainland China / Oversea)	HK\$450
Members of specified organisations*	HK\$360
Students	HK\$180

* Specified organisations:

- National Sports Associations (NSAs) in Hong Kong
- Hong Kong Coaching Committee (HKCC) Accredited Coach
- Hong Kong Society of Sport & Exercise Psychology

Registration deadline

07 February 2020 (Friday)

Remark: Registration is on a first-come-first-served basis.

Enquiries

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