

出國報告（出國類別：國際會議）

2012年（第3屆）華人運動心理學
研討會

服務機關：體育研究所

姓名職稱：盧俊宏、教授

派赴國家：澳門

出國期間：2012/12/10 至 2012/12/13

報告日期：2012/12/27

摘要

華人運動心理學研討會始於 2008 年，由兩岸四地運動心理學者所共同發起，宗旨在致力於下列三大領域的研究與應用：(1) 健康心理學；(2) 心理處置／提高表現；(3) 社會心理學。第一次華人運動心理學研討會在台灣舉行（國立台灣師範大學），第二次在上海體育學院。今年訂於 2012 年 12 月 12 日起至 14 日在澳門理工學院舉行。會議形式為：專題座談會、壁報論文發表（posters），主題演講（keynote speech）和社交活動（social activities）。本人投了一篇論文：college student-athletes' stress and health: mediating effect of life stress 為行政院國科會 101 專題研究計劃，計劃編號: NSC 101-2410-H-179-004-MY2。2012 年 10 月，籌備委員會通知本人論文被接受。於是本人於 2012/12/10 出發，除此之外，併隨該研討會參加亞洲暨南太平洋運動心理學學會(Asian South Pacific Association of Sport Psychology, ASPASP)會議。

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本文

目的

2008 年，兩岸四地運動心理學者有見於全球運動心理學學術發展迅速，為追趕國際腳步，也為了致力於運動心理學在下列三大領域的研究與應用：(1) 健康心理學；(2) 心理處置／提高表現；(3) 社會心理學。於是，第一屆華人運動心理學研討會在台灣舉行，於國立台灣師範大學舉辦。並約定 2 年一次，輪流在兩岸四地舉行。於是，第二次 2010 年在上海體育學院舉辦。2012 年，(第三屆) 華人運動心理學研討會訂於 2012 年 12 月 12 日起至 14 日在澳門理工學院舉行。主辦單位為澳門運動科學委員會。除研討會之外，因為華人運動心理學研討會為地區性研討會，和亞洲暨南太平洋運動心理學學會(Asian South Pacific Association of Sport Psychology, ASPASP)具有同盟關係，因此也邀請亞洲暨南太平洋運動心理學學會理事會前來演講並開會，由於本人也是亞洲暨南太平洋運動心理學學會副會長兼理事，所以必須在 2012 年 12 月 10 年(星期一)出發，以便趕上 12 月 11 年(星期二)早上的會議

過程

12/10

(一) 出發

2012 年 12 月 10 日，早上 09:45，搭乘澳門航空 NX619，經飛行 2 小時，於中午 11:25 抵達。由大會安排進駐 Rio 飯店。下午並無行程，所以前往 Saint Paul 教堂遺址參觀。

12/11

(一) 會議

早上 9 點起，參加亞洲暨南太平洋運動心理學學會理事會議。最主要討論的內容包括過去一年來各國運動心理學會的活動情形報告、會長報告、秘書長報

告、三個副會長報告，以及秘書處所提出的 8 項議題的討論（如附件一）。會議在下午五點結束，由於本人擔任出版組的副會長，所以會議決議請本人擔任亞洲暨南太平洋運動心理學學會期刊出版和網頁管理工作。

12/12

（一）開幕典禮

開幕典禮在早上 9 點舉行於澳門理工學院會議廳，由運動科學委員會會長擔任主席易永階先生主持，邀請亞洲南太平洋運動心理學會前會長 professor Tony Morris 以及相關貴賓參加開幕典禮。

（二）專題演講

開幕典禮後，隨即邀請國際運動心理學會會長 Sidonio Serpa 做專題報告，題目為：心理學與奧林匹克運動會：演進與研究 (Psychology and Olympic Games: Development)。

Sidonio Serpa 教授談到古柏坦爵士(Pierre de Coubertin)——近代奧林匹克運動會發起人——對運動心理學非常有興趣 (Coubertin, 1901)，在一篇論述競技運動對心理影響的論文中。古柏坦爵士討論動機、意志、以及有關內在動機和外在動機的源頭。也提及身體訓練和心理方面的互動，諸如品格教育、心智潛能的發展，以及生理學和心理學的互補性。除此之外，古柏坦討論各種運動的心理層面 (Coubertin, 1909)。

除此之外，Sidonio Serpa 教授也談到參加奧林匹克運動會的選手必須學習如何因應奧運會比賽場地的干擾。他引述 Greenleaf、Gould 和 Dieffenbach (2001) 研究指出，在奧運會中最重要干擾物是：媒體採訪的需求、爭取資格賽、安排訓練和比賽場地的交通、安排家人和重要他人的安頓、適應奧運會環境的混亂和興奮、以及參加奧運會開幕典禮等等。這些狀況耗費選手的心理和身體能量。至於正面的影響方面，包括：心智技巧、對奧運會的正面態度、良好的團隊凝聚力、選手村良好的社會氛圍、有效率的支持服務、正面教練—選手關係，以及良好的

特殊體能狀況。

Sidonio Serpa 教授認為對奧運會的成功端賴心理準備工作。心理準備過程越詳細和嚴謹，越可能幫助個人完成參賽目標。然而運動員參加奧運會的情形常常和他們在其它比賽獲得好成績的模式不同。事先預判奧運會脈絡的特性，以及好好準備因應，才可以讓參賽者發揮個人最大潛能。Sidonio Serpa 教授引述 Grandjean, Taylor 和 Weiner (2002) 的研究指出，在 2000 年雪梨奧運會時，體操全能項目最後決賽跳馬的高度因工作人員錯誤，竟然安置低於標準高度以下 5 公分，36 位參賽者一半以上仍然毫無覺察到參與試跳，許多人因此受到影響，但少數優秀選手非常專注，絲毫不受試跳誤差的影響。Sidonio Serpa 教授認為像奧運會這般複雜的脈絡，比賽的認知和情緒控制非常重要。

Sidonio Serpa 教授談到在比賽之前，許多國家都增加奧運會運動員和教練賽前的定期諮商服務。他們指出奧運會前一年心理準備和奧運表現成功有關。Sidonio Serpa 教授指出優異成績表現的運動員的心理技巧非常獨特。Sidonio Serpa 教授建議一位優良運動心理諮商人員應該幫助選手擬定具體與個人化的適應策略。Sidonio Serpa 教授最後結論指出運動心理學的發展和奧林匹克活動以及它的創始人有密切的關係，他認為奧運會是世界上最重要的運動賽事，而且提昇到超出個人目標之外。然而，他也認為奧運會也是一個很特殊的場合需要很特殊的心理調適。因此，在準備期必須要培養良好的心理策略和技巧，而且在比賽現場也需要規畫和建置心理策略和技巧。

在專題報告結束後也有 2 篇大陸學者的報告，但因為內容與台灣文化不太一樣，所以沒參加這 2 場演講。另一場專題演講則由澳洲籍亞洲運動心理學會會長 Peter Terry 發表，他的題目是：亞洲運動心理學的現況與未來 (**Present and Future Initiatives for Sport Psychology in Asia**)，內容主要在報告亞洲暨南太平洋運動心理學學會成立的歷史與研究的議題，以及未來的發展，特別是 2014 年的東京年會。由於我次日的演講稿未準備充分，故回飯店花了許多時間在製作 PPT。

12/13

(一) 追認會議

會議於早上 9 點開始，由於亞洲暨南太平洋運動心理學學會會長 Peter Terry 第一天正式會議時未到，因此我們另外招開一場會議，除了追認 12/11 各項會議決議之外，也決定未來透過電子郵件系統討論各項學會的議題。

(二) 論文發表

下午，本人則與 Tony Morris 主持另一場全英文的演講，我在這裡也報告了我的研究。我的論文題目是：college student-athletes' stress and health: mediating effect of life stress 為行政院國科會 101 專題研究計劃，計劃編號：NSC 101-2410-H-179-004-MY2。內容在檢驗運動員壓力和健康的關係是否受到生活壓力中介。這篇研究利用本人 2012 年發表在 SSCI 期刊 Measurement of Physical Education and Exercise Science 的大學運動員生活壓力量表(College Student-Athletes Life Stress Scale, CSALSS) 進行後續研究。因屬於前提性探討，雖然研究結果不是很漂亮，但仍受到有興趣參加者熱烈詢問。

(三) 返國

在結束下午論文發表後，因為我的班機在晚上 21：45，NX608，所以我沒有參加閉幕餐會，隨即趕去機場，搭機返國。

心得與建議

此次本人參加 2012 年華人運動心理學研討會，除了發表本人論文「college student-athletes stress and health: the mediating effect of life stress」之外，也受邀參加亞洲暨南太平洋運動心理學學會理事會議。主持人為前會長 Tony Morris 教授。並與其他理事：YoungHo Kim、Jihang Lee (韓國)、Kaori Araki (日本)、盧俊宏、

黃崇儒（台灣）、張力偉、黃志劍（中國）報告各國運動心理學發展狀況，以及亞洲暨南太平洋運動心理學學會各項事務。本人除報告台灣參加 2012 年倫敦奧運會我國運動心理學的科研協助之外，也報告台灣發展運動心理諮詢老師制度，獲得與會學員積極迴響與互動，讓各國人士更瞭解台灣，同時也結交不少國際友人。

這一次承辦單位為澳門理工學院與澳門運動科學委員會一同合作，雖然比較沒有經驗，但在各項籌備工作上甚為積極，另一方面，由於澳門地狹人稠，互相支援非常方便，所以可以看出彼此之間的聯繫非常順暢，在行程的安排上，星期三開幕、星期四就閉幕，但這 2 天都有安排開、閉幕餐會，參加者都無需繳交任何費用，顯示澳門行政單位財力十分雄厚。這一次 2012 年華人運動心理學研討會其優點為，凝聚力很強、互相支援密切、財力雄厚；缺點為會議議程稍嫌混亂、一再更改，這些缺點都是因為缺乏主辦經驗的關係。未來建議，可以與澳門體育學術界交流。



照片一：亞洲暨南太平洋運動心理學學會理事會議



照片二：2012年華人運動心理學研討會開幕典禮

附錄一（亞洲暨南太平洋運動心理學學會理事會議記錄）

**Minutes of the ASPASP Managing Council Meeting held on 11 December 2012 at
the Rio Hotel, Macau, China**

1. President's Welcome

On the behalf of Peter Terry, Tony Morris welcomed all MC members and thanked Macau and CSSP for the host of the MC meeting.

2. Present and Apologies

Present: Tony Morris (Past President, Australia), Youngho Kim (Secretary General, Korea), Frank Lu (Vice-President Publications, Taiwan), Zhang Liwei (Vice-President Programs, China), Naira Orbeta (Treasurer, Philippines), Kaori Araki (Japan), Jihang Lee (Korea), Chung-Ju Huang (Taiwan), Zhijian Huang (China), and Naruepon Vongjaturapat (Thailand).

Apologies: Peter Terry (Australia), Fatolla Mosayebi (Iran), Ahmad Alharamlah (Saudi Arabia), and Mohd Nizar Ahman Padzi (Malaysia).

3. Reports from member countries

- Korea – National organization has been renamed "Korean Society of Sport and Exercise Psychology. In addition, Korea has four conferences in each year (including one international conference), as well as several training courses for mental trainers.
- Japan – has been working on 7th ASPASP congress and two national conferences were held in 2012.
- Philippines – now has a national interest group for sport psychology with 25-30 people, and hopes to establish a national organization in the very near future.
- Taiwan – held an annual conference and has trained about 40 certified sport psychology consultants to date.
- Australia – Now a national registration process is in place for psychologists. There are 118 sport psychology members in the College of Sport and Exercise Psychologists). Only two sport psychology training programs in Australia.
- China – held 11 seminars in 2012 and has been working on the 2013 ISSP congress.
- Thailand- Prepared a training program guideline for Sport Psychology Trainer

4. President's Report – Peter Terry

The President's Report was presented by Peter Terry (see attached).

- ASPASP MC identifies action officers who are responsible for the completion of the below list of goals.

Action – Each MC has been allocated at least one of the goals and the matching is at the below.

1. The matching by the duty

Membership- Fatollah Mosayebi, Naira Orbeta, Zhijian Huang, Ahmad Alharamlah

Program- Zhang Liwei, Kaori Araki, Jihang Lee, Chung-Ju Huang(Glen)

Publication- Frank Lu, Youngho Kim, Naruepon Vongjaturapat, Tony Morris

2. The matching by the goal

- Conduct a detailed membership audit to establish a more accurate estimate of membership numbers in each member country and in ASPASP overall (Fattola)
- Recruit individual members from at least three new countries (Fattola/Kaori)
- Increase group membership from at least two new countries (Fattola/Kaori)
- Ensure that all group member countries renew their membership and pay the

associated fees (Naira)

- Co-opt a student representative to MC and establish a student section on the website (Liwei)
- Ensure that *every* member of the MC submits at least one item to the website annually (Frank)
- Develop strategies to encourage greater participation by National Representative Council members in ASPASP activities, and on the website (Frank)
- Have at least three ASPASP-sponsored conferences in the region (Liwei)
- Further develop the initiative to establish an ASPASP journal (Frank)

- **ASPASP MC formally approves the production and distribution of *Secrets of Asian Sport Psychology* as an ASPASP-endorsed OER publication**

• *Action – approved*

- **ASPASP MC endorse the further development of a dual-badged (ASPASP/USQ) OER course entitled *Psychological Foundations of Exercise and Sport***

• *Action – approved*

- **Subject to subsequent approval of course content, ASPASP MC endorses the accreditation and delivery of the course by USQ from 2014**

• *Action – conditionally approved. MCs want to see more detailed content of level 1 with a graphic structure of OER for psychological foundations of exercise and sport .*

- **ASPASP MC nominates a person to take over as ASPASP Webmaster in 2013**

• *Action – approved that Frank takes this by himself or searches someone who best fits for this job.*

- **ASPASP MC endorses the development of an action plan by Kim Young-Ho for the establishment of an ASPASP journal**

- *Action – All MCs basically agreed to Youngho' proposal for the journal approved. Frank and Youngho research all details for establishing the journal and discuss them with other MCs*
- *Action- proposed journal title "Asia Pacific Journal of Psychology for Sport and Physical Activity" "Asian Pacific Journal of Sport Psychology" "Asian Journal of Sport and Exercise Psychology"*

5. Secretary-General's Report – Youngho Kim

- The Secretary General's Report was presented by Youngho Kim (see attached).
- The establishment of an ASPASP Journal

- *Action – Frank and Youngho Prepare all details of issues for establishing the journal (ex., editorial team, publishing type, processing structure etc...) and discuss them with the MCs.*

6. Treasurer's Report – Naira Orbeta

- The Treasurer's Report was presented by Naira Orbeta (see attached).
- Realizing the individual and group membership fees

Action – Take a time to think before the Beijing meeting, and decide it there.

7. Vice-Presidents' Reports (to include all Action Points from 2009 MC meeting)

Membership – Fatolla Mosayebi

- The VP-Membership's Report was presented by Fatolla Mosayebi (see attached).

Action – ASPASP annual membership certificate to be developed and then sent out to each country for distribution to members (Fatolla Mosayebi and Naira Orbeta)

Programs – Liwel Zhang

- Separate materials were distributed in the meeting, but not included in the minutes.

a. 13th ISSP Congress (July 21-25, 2013, Beijing, China)

- The 2013 MC meeting will be scheduled on July 21 in the Beijing Sport University.

Action – The congress committee will support one night accommodation and the meeting facility for the MCs and therefore the MCs are recommend to arrive in Beijing on July 20.

- At least, one ASPASP symposium(ASPASP Book) is guaranteed in the congress.

Action – Peter with other editors decide what sport chapters are presented.

b. 7th ASPASP congress (August 7-10, Tokyo, Japan)

- The details of the congress was presented by Kaori (See attached)

Action – The program was discussed and fully endorsed by the MC, as was the hard work of the Organising Committee.

Action - The MCs were asked to recommend one international and one Asian keynote speaker of each sub area (sport psy., exercise psy., and motor control).

Action - International keynote speaker is supported airfare, accommodation, and registration. Asian keynote speaker is supported accommodation and registration.

Publications – Frank Lu

- The VP-publication's Report was presented by Frank Lu (See attached).

Action – National Representatives were asked to send regional news and information

to Frank.

Action - The action committee (Frank, Youngho, Tony, and Naruepon) are working on the journal matters and report the progress to the MCs.

8. Dates and Venues for Future ASPASP MC meetings

- a. 2013 – Beijing (scheduled on July 21) with the ISSP congress
- b. 2014 – Tokyo (scheduled on August 7) with 7th ASPASP congress
- c. 2015 – Philippines (possibly negotiating with Naira)

Report from the President to ASPASP Managing Council

November 2012

This past year has seen great progress by ASPASP on several of our key projects. The ASPASP MC that was elected in Taipei during November 2011 is to be congratulated on its vibrancy and continued commitment to the development of sport psychology in the Asia-South Pacific region during 2012. In this report, I outline the progress that has been made, the current state of development, and some specific goals for 2013, related to each of our major projects. Although our projects related to the ASPASP textbook, training initiative, and website have all made good progress during 2012, I do not believe that we should be content with the relative lack of progress made in other important areas of our aspirations.

Some of the goals I would like to see achieved during 2013 are:

- Conduct a detailed membership audit to establish a more accurate estimate of membership numbers in each member country and in ASPASP overall
- Recruit individual members from at least three new countries
- Increase group membership from at least two new countries
- Ensure that all group member countries renew their membership and pay the associated fees
- Co-opt a student representative to MC and establish a student section on the website
- Ensure that *every* member of the MC submits at least one item to the website annually
- Develop strategies to encourage greater participation by National Representative Council members in ASPASP activities, and on the website
- Have at least three ASPASP-sponsored conferences in the region

- Further develop the initiative to establish an ASPASP journal

This list should really just be a starting point for a much longer list of future goals for ASPASP. I appreciate that we are all volunteers, but I would strongly encourage all MC members to nominate to take responsibility for the achievement of these and other specific goals for ASPASP over the next 12 months, so that we have a clearly defined action officer responsible for achieving each individual goal. Please use your imagination to identify other objectives for 2013 and be prepared to take the initiative to help achieve them.

I apologise that I will not be able to come to Macau in time to chair the MC meeting. I leave you in the very capable hands of Tony Morris and look forward to seeing you upon my arrival in Macau.


Recommendation 1: ASPASP MC formally commits to achieving some or all of the above list of goals, and other identified goals, in 2013

Recommendation 2: ASPASP MC identifies action officers who are responsible

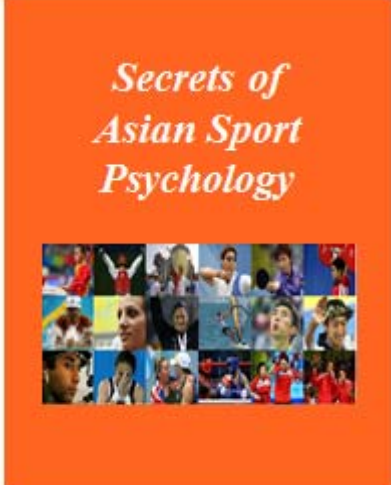
for the completion of each goal

ASPASP Textbook


- The textbook project, titled *Secrets of Asian Sport Psychology*, has made excellent progress during 2012 and is on schedule for completion by mid-2013
- It was decided by ASPASP MC to publish the book as an open e-book after a frustrating series of negotiations with commercial publishers
- The University of Southern Queensland has allocated considerable resources (>\$10,000 in staff time) to bring the project to a successful conclusion
- Of the 27 chapters, 7 are finalised, 16 are being edited, and 4 have yet to reach full draft stage
- I hope to have one typeset chapter to show MC members in Macau
- Editors need to allocate sufficient time to complete the remaining editing and writing tasks
- All MC members are asked to contribute copyright-free photographs from relevant sports to the project

Open textbook 

- **Applied textbook**
- **Free online resource**
- **Links sports to nations (e.g., diving in China, swimming in Australia, judo in Japan, etc)**
- **27 chapters**
- **Due for release in 2013**
- **Edited and endorsed by ASPASP**



Secrets of Asian Sport Psychology



Recommendation 3: ASPASP MC formally approves the production and distribution of *Secrets of Asian Sport Psychology* as an ASPASP-endorsed OER publication

Recommendation 4: Book editors commit to completing the project by June 2013, giving the project adequate priority to meet this goal

ASPASP Training Initiative

- ASPASP MC supported Tony Morris's proposal to develop an ASPASP Training and Accreditation framework
- It was subsequently decided that training should be online and free, if possible, and that accreditation costs should be kept as low as possible
- An introductory course, titled *Psychological Foundations of Exercise and Sport*, has been developed in draft form to be made available as an Open Educational Resource (OER)
- The University of Southern Queensland (USQ) agreed to support the project as part of its commitment to the OER University consortium (one of only two courses that USQ is supporting)
- I received \$6,000 from USQ to employ a research assistant to help develop the online course and another \$10,000 in technology staff time to develop its online delivery
- The course will go through a formal USQ accreditation process and will sit within the USQ Faculty of Sciences
- The course will be available on WikiEducator from Semester 1, 2014 jointly badged by ASPASP and USQ
- The course will run over a complete semester (nominally 11 hours per week for 15 weeks)
- USQ will administer all aspects of the course at no cost to ASPASP
- Course registration and all learning resources will be free to all students
- ASPASP can provide all participants with a certificate of completion at minimal or no cost
- The planned cost of gaining formal course credit from USQ is \$200, payable in three instalments (\$50, \$50, \$100), compared to the normal cost of \$1,500 per credit

Open Educational Resources (OERU)



- **FREE** learning opportunities for students worldwide
- Courses and programs based solely on OER and open textbooks
- Assessment on a cost-recovery basis
- Currently 22 universities in nine countries. Sponsored by UNESCO
- “Immoral” to deny education to the developing world on the grounds of cost and accessibility



http://wikieducator.org/OER_university/Home



Open course



- **PSY1250 - Psychological Foundations of Exercise and Sport (165 online study hours)**
- **WikiEducator (commencing 2014)**
- **Free educational materials**
- **Course credit (\$200 compared to \$1500 for normal university fee)**



- As noted previously by Tony Morris, there are over 60 countries in the ASPASP region that have National Olympic Committees

- As more of these countries commit to involvement in international sport as a way to be part of the global social and economic community, they will develop sports science, and sport psychology will be part of that
- There will be increasing demand for trained sport psychologists in a range of countries and the need for levels of accreditation to certify training standards
- By establishing a training and accreditation framework at this time, ASPASP can stake its claim to be the arbiter of the knowledge and skills that sport psychologists must possess
- The partnership with USQ can act as a launching pad for more advanced course endorsed by ASPASP and an expanded training and accreditation framework
- By becoming part of the OER movement, ASPASP is positioning itself within a rapidly growing initiative, endorsed by UNICEF, that has the potential to raise ASPASP's profile within the global sport psychology community and beyond

Recommendation 5: ASPASP MC endorse the further development of a dual-badged (ASPASP/USQ) OER course entitled *Psychological Foundations of Exercise and Sport*

Recommendation 6: Subject to subsequent approval of course content, ASPASP MC endorses the accreditation and delivery of the course by USQ from 2014

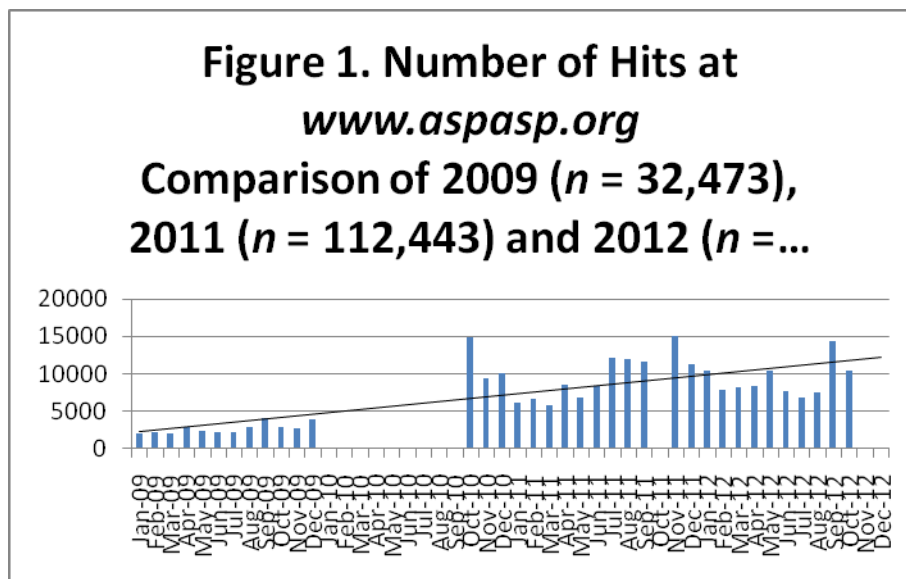
ASPASP Website

- Number of hits on aspasp.org has increased in the past 12 months by 5.4% over 2011 numbers (see Figure 1) – now 325 hits per day
- Highest number of hits, as in 2011, came from North America, followed by Asia, then Europe
- An ASPASP Facebook page was developed by Naira Orbeta and Kaori Araki – many thanks to them for their effort
- Submission of news items has increased – well done to those who have made the effort to produce items
- Human Kinetics has started to advertise on our site, although at no cost thus far
- Increased number of links to free resources – please continue to send links
- The aspasp.org domain name was purchased for 10 years
- Web hosting was purchased for two years and will expire soon
- It is anticipated that web hosting costs can be reduced considerably at next renewal

- Web hosting renewal time could be an appropriate time to consider passing on the role of webmaster
- It is essential that a new webmaster is willing to update the website *every week*
- We should seek to develop a new version of the website with greater interactive functionality
- With a more sophisticated website in place, this would facilitate the development of a revenue-generation plan and the identification of potential advertisers
- Potential exists, even with our current level of website traffic, to generate a modest income to ASPASP

Recommendation 7: ASPASP MC nominates a person to take over as ASPASP Webmaster in 2013

Recommendation 8: ASPASP MC approves in principle the concept of income generation from the ASPASP website



ASPASP Journal

- Kim Young-Ho has been developing the idea of establishing an ASPASP journal and has been in discussions with a Korean publisher
- This is a worthy venture and Young-Ho is to be congratulated for initiating it
- However, all concerned should be aware of the commitment of time and effort required to make such a venture successful
- The issue of whether an ASPASP journal should be published in hardcopy by a commercial publisher or an OER e-journal should be discussed by ASPASP MC
- My personal involvement in the establishment will necessarily be less than for other ASPASP initiatives, due to competing demands on my time

Recommendation 9: ASPASP MC endorses the development of an action plan by Kim Young-Ho for the establishment of an ASPASP journal

ASPASP Patron

- Further discussions have taken place with HRH Sheikh Salman Sabah Al-Sabah, Vice President of the International Shooting Sports Federation and President of the Asian Shooting Federation but no significant progress has been made
- The matter of identifying an ASPASP Patron will be pursued during 2013

ASPASP Banking

- A US\$ bank account was opened in Australia by me
- Current balance is US\$7,591.65, of which US\$5,000.00 is a personal deposit (see Appendix A)

MC Meeting 2013

- Many thanks to Zhang Liwei for his work in organising the 2013 meeting, to be held in conjunction with ISSP2013 in Beijing in July 2013

Sport Psychology Council

- Thanks to Glen Huang for representing ASPASP at the recent SPC meeting
- It was agreed at the meeting that ASPASP would host the next SPC meeting in Beijing in July 2013

ASPASP International Congress 2014

- Many thanks to Kaori for her work in helping to organise the 2014 International Congress in Tokyo in August 2014

Peter Terry, ASPASP President, 19/11/12

附件二（2012 華人運動心理學學術研討會學術報告日程安排）

主題報告安排

12/12/2012 (星期三上午)

地點	澳門理工學院禮堂	時間	10:20~12:45	主持人	季力康
序號	報告人	時間	題目		
1	Sidónio Serpa	10:20~10:50	PSYCHOLOGY AND OLYMPIC GAMES: Evolution and research		
茶 休		10:50~11:05			
2	奴剛彥	11:05~11:35	軟適應		
3	遊旭群	11:40~12:10	文化、失誤與機組資源管理：對構建專業運動隊文化及管理的借鑒		
4	Peter Terry	12:15~12:45	Present and Future Initiatives for Sport Psychology in Asia		

專題報告安排

2012/12/12 (星期三下午) 專題報告

地點	澳門理工學院禮堂	時間	14:30~17:45	主持人	李軒宇 黃崇儒
序號	報告人	時間	題目		
1	劉淑燕	14:30~14:55	老年人身體活動量、上呼吸道感染症狀、與憂鬱症狀的相互關係之調查研究		
2	李京誠	15:00~15:25	足球守門員防守點球的預期判斷與眼動特徵		
3	張忠秋	15:30~15:55	優秀高爾夫球運動員參加重大比賽的賽前心理調控研究		
茶 休		15:55~16:10			
4	殷恒嬋	16:10~16:35	運動干預對小學生身心健康影響的實驗研究		
5	鍾伯光	16:40~17:05	香港青少年運動員心理韌性訓練的效果評定		
6	高三福	17:10~17:35	華人家長式領導在運動團隊的研究之回顧		

2012/12/13 (星期四上午) 專題報告

地點	澳門理工學院 1 號 演講廳	時間	09:00~12:10	主持人	黃志劍 曲桂蘭
序號	報告人	時間	題目		
1	廖主民	09:00~09:25	默契-華人運動團隊特有的心智模式與表述		
2	周成林	09:30~09:55	網球運動員時空預測特徵及神經機制的研究		
3	殷曉旺	10:00~10:25	運動承諾與大學生鍛煉參與及壓力反應的關係		
茶 休		10:25~10:40			
4	顏 軍	10:40~11:05	不同持續時間健美操鍛煉對大學女生腦執行功能影響的實驗研究		
5	卓俊伶	11:10~11:35	動作學習的評估方法：回顧與省思		
6	段豔平	11:40~12:05	理解和改變身體活動行為：基於“健康行為過程理論”（HAPA）的兩項實證研究		

2012/12/13 (星期四上午) 高爾夫心理科學研究論壇

地點	澳門理工學院 2 號 演講廳	時間	09:00~12:10	主持人	甯自衡 李相如
序號	報告人	時間	題目		
1	王曉鈞	09:00~09:25	中國高爾夫教育的一項基礎工程和特色工程		
2	譚建共	09:30~09:55	高爾夫與休閒滿意度		
3	陳展鳴	10:00~10:25	運動心理學語言模式概論		
茶 休		10:25~10:40			
4	甯自衡	10:40~11:05	職業高爾夫選手的心理特徵與運動表現關係的研究		
5	鄔向明	11:10~11:35	體育、健康與和諧幸福		
6	鐘勇	11:40~12:05	高爾夫運動在高校開展的幾點思考		

2012/12/13 (星期四下午) 高爾夫心理科學研究工作坊

地點	凱撒高爾夫俱樂部	時間	13:30~17:30	主持人	甯自衡 陳展鳴
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2012/12/13 (星期四下午) 亞太地區運動心理學發展趨勢論壇

地點	澳門理工學院 2 號演講廳	時間	14:30~17:35	主持人	Tony Morris Frank Jing-Horng Lu
序號	報告人	時間	題目		
1	Kim, YoungHo	14:30~14:55	PHYSICAL ACTIVITY AND ITS RELATED MOTIVATIONAL ATTRIBUTES IN ADOLESCENTS WITH DIFFERENT BMI		
2	Frank Jing-Horng Lu	15:00~15:25	Relationship Between Student- Athletes' Stress and Health: Mediating Effects of Life Stress		
3	Tony Morris	15:30~15:55	How Much Imagery is Enough?: Developing a Research Protocol		
茶 休		15:55~16:10			
4	張力為	16:10~16:35	自我損耗的控制:競技領域的研究與應用		
5	Naruepon Vongjaturap at	16:40~17:05	Development and psychometric evaluation of the Sport Imagery Ability Questionnaire Thai version (SIAQt)		
6	Tony Morris	17:10~17:35	Profiling Motives for Participation in Physical Activity		

2012/12/13 (星期四下午) 專題報告

地點	澳門理工學院 1 號演講廳	時間	14:30~17:45	主持人	張忠秋 劉淑燕
序號	報告人	時間	題目		
1	王斌	14:30~14:55	體育彩民購彩意向與購彩金額的關係:購彩滿意度的調節作用		
2	祝大鵬	15:00~15:25	在運動員心理諮詢中引入朋輩諮詢的思考		
3	張育愷	15:30~15:55	急性健身運動對認知功能之影響:當代統合分析的證據		

茶 休		15:55~16:10	
4	翟群	16:10~16:35	鍛煉及自我概念因素對澳門中學生主觀健康程度的影響
5	張連成	16:40~17:05	情緒抑制與宣洩對運動員自控損耗的影響
6	謝紅光	17:10~17:35	體質健康信念對大學生體育鍛煉行為意向及行為習慣影響的研究
7	閉幕式	17:40~18:10	

牆報交流安排：

時間： 2012/12/12 (13:30~14:30)

2012/12/13 (13:30~14:30)

地點：理工學院展覽廳

注意事項：作者在會議安排的牆報展板上（高 200cm×寬 100 cm）張貼自製的牆報，張貼時間為 12 日上午至 13 日晚上，展板將會在 14 日上午被拆除。

全文完