

**The Intensive Course Programme (Timetable)**  
**14-28 January 2010, Leuven, Belgium**

| Time          | Mon 10.01 | Tue 12.01 | Wed 13.01   | Thu 14.01   | Fri 15.01   | Sat. 16.01 | Sun. 17.01  |
|---------------|-----------|-----------|---|---|---|------------|---|
| 9.00 – 10.30  |           |           | Arrival Day   | <b>-Coaching-<br/>Gender and sport (1)</b><br><b>Marie Bergström</b><br><i>Lund, SE</i>     | <b>-Sport Psychology-<br/>Optimal emotion<br/>states in sport (1)</b><br><b>Montse Ruiz</b><br><i>Jyväskylä, FI</i> |            | Departure<br>Excursion to<br>Sport<br>Museum<br>(Hofstad) by<br>bike. |
| 10.30 – 11.00 |           |           |   | Coffee Break  |   |            |   |
| 11.00 – 12.15 |           |           |   | <b>-Coaching-<br/>Gender and sport<br/>(2)</b><br><b>Marie Bergström</b><br><i>Lund, SE</i> | <b>-Sport Psychology-<br/>Optimal emotion<br/>states in sport (2)</b><br><b>Montse Ruiz</b><br><i>Jyväskylä, FI</i> |            |   |
| 12.15 – 13.30 |           |           |   | Lunch   | Lunch   |            |   |
| 13.30 – 15.30 |           |           |   | <b>Guided tour<br/>through Leuven</b>   | Lunch   |            |   |
| 14.15 – 15.30 |           |           |   | <b>Guided tour<br/>through Leuven</b>   | <b>-Sport Psychology-<br/>Group processes in<br/>sports (1)</b><br><b>Filip Boen</b><br><i>Leuven, BE</i>           |            |   |
| 15.30 – 15.45 |           |           |   | Break   |   |            |   |
| 15.45 – 17.15 |           |           | <b>Arrival between<br/>15.00h-17.00h<br/>18.00h: light meal<br/>at residence<br/>18.45: departure<br/>for classroom</b> | <b>-Sport Psychology-<br/>Team development</b><br><b>Erwin Apitzsch</b><br><i>Lund, SE</i>  | <b>-Sport Psychology-<br/>Group processes in<br/>sports (2)</b><br><b>Filip Boen</b><br><i>Leuven, BE</i>           |            |   |
| 17.15 – 18.15 |           |           |   | Break   |   |            |   |
| 19.00         |           |           | Opening ceremony<br>(DN 02.05)<br>21.00: Welcome<br>party (De Spuye)  | <b>-Sport Psychology-<br/>Team development</b><br><b>Erwin Apitzsch</b><br><i>Lund, SE</i>  | <b>Sport activities: ball<br/>sports (KBC-hall)</b>   |            |   |

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| Time          | Mon 18.01   | Tue 19.01   | Wed 20.01  | Thu 21.01  | Fri 22.01   | Sat 23.01 |
|---------------|---|---|--|--|---|-----------|
| 9.00 – 10.30  | <b>-Sport Psychology-</b><br>Communication and emotion management for sport coaches(1)<br><b>Bert De Cuyper</b><br><i>Leuven, BE</i>  | <b>-Sport Psychology-</b><br>Applying sport psychology (1)<br><b>Vana Hutter</b><br><i>Amsterdam, NL</i>                  | <b>-Well-being -</b><br>Psychological aspects of sport injury (1)<br><b>Urban Johnson</b><br><i>Halmstad, SE</i> | <b>-Sport Psychology-</b><br>Understanding and enhancing motivation (1)<br><b>Glyn Roberts</b><br><i>Oslo, NO</i>  | <b>-Well-being-</b><br>Exercise and the self (1)<br><b>Dorothee Alfermann</b><br><i>Leipzig, DE</i>                     |           |
| 10.30 – 11.00 | Coffee Break  |   |  |  |   |           |
| 11.00 – 12.15 | <b>-Sport Psychology-</b><br>Communication and emotion management for sport coaches (2)<br><b>Bert De Cuyper</b><br><i>Leuven, BE</i> | <b>-Sport Psychology-</b><br>Applying sport psychology (2)<br><b>Vana Hutter</b><br><i>Amsterdam, NL</i>                  | <b>-Well-being –</b><br>Psychological aspects of sport injury<br><b>Urban Johnson</b><br><i>Halmstad, SE</i>     | <b>-Sport Psychology-</b><br>Understanding and enhancing motivation (2)<br><b>Glyn Roberts,</b><br><i>Oslo, NO</i> | <b>-Well-being-</b><br>Exercise and the self (2)<br><b>Dorothee Alfermann</b><br><i>Leipzig, DE</i>                     |           |
| 12.15 – 13.00 | Student presentation of dissertation abstracts  |   |  |  |   |           |
| 13.00 – 14.15 | Lunch   |   |  |  |   |           |
| 14.15 – 15.30 | <b>-Well-being-</b><br>Exercise behaviour change (1)<br><b>Inez Pfeffer</b><br><i>Leipzig,DE</i>                                      | <b>-Well-being-</b><br>The role of school in promoting a healthy lifestyle (2)<br><b>Jan Seghers</b><br><i>Leuven, BE</i> | Wheelchair basketball (KBC-hall)   | <b>-Well-being-</b><br>Stress and Recovery (1)<br><b>Anne-Marie Elbe</b><br><i>Copenhagen, DK</i>                  | <b>-Sport Psychology-</b><br>Career development and transitions (1)<br><b>Natalia Stambulova</b><br><i>Halmstad, SE</i> |           |
| 15.30 – 15.45 |   |   |  |  |   |           |
| 15.45 – 17.15 | <b>-Well-being-</b><br>Exercise behaviour change (2)<br><b>Inez Pfeffer</b><br><i>Leipzig, DE</i>                                     | <b>-Well-being-</b><br>The role of school in promoting a healthy lifestyle (1)<br><b>Jan Seghers</b><br><i>Leuven, BE</i> | Wheelchair basketball (KBC-hall)   | <b>-Well-being-</b><br>Stress and Recovery (2)<br><b>Anne-Marie Elbe</b><br><i>Copenhagen, DK</i>                  | <b>-Sport Psychology-</b><br>Career development and transitions (2)<br><b>Natalia Stambulova</b><br><i>Halmstad, SE</i> |           |
| 17.15 – 18.15 | Break   |   |  |  | Evaluation  |           |
| 19.00         | <b>Rugby</b>  | <b>ENYSSP</b><br><i>Caroline Jannes, BE</i>   |  | <b>SP in Europe</b><br><i>Glyn Roberts, NO</i>   |   |           |

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| Time          | Mon 25.01  | Tue 26.01   | Wed 27.01   | Thu 28.01   | Fri 29.01              | Sat 30.01 |
|---------------|--|---|---|---|------------------------|-----------|
| 9.00 – 10.30  | <b>-Coaching-</b><br>Coaches in youth sport<br><b>Miquel Torregrosa</b><br><i>Barcelona, ES</i>          | <b>-Coaching-</b><br>Relationship coach-athlete (1)<br><b>Sidónio Serpa</b><br><i>Lisbon, PL</i>    | <b>-Coaching-</b><br>Coaching and counselling in sport and exercise (1)<br><b>Reinhard Stelter</b><br><i>Copenhagen, DK</i> | <b>-Sport policy</b><br>European White Paper<br><b>Bart Vanreusel.</b><br><i>Leuven, BE</i>                         | Departure before 10.00 |           |
| 10.30 – 11.00 | Coffee Break   |   |   |   |                        |           |
| 11.00 – 12.15 | <b>-Coaching-</b><br>Parents in youth sport<br><b>Miquel Torregrosa</b><br><i>Barcelona, ES</i>          | <b>-Coaching-</b><br>Relationship coach-athlete (2)<br><b>Sidónio Serpa</b><br><i>Lisbon, PL</i>    | <b>-Coaching-</b><br>Coaching and counselling in sport and exercise (2)<br><b>Reinhard Stelter</b><br><i>Copenhagen, DK</i> | <b>-Coaching-</b><br>Coaching interventions<br><b>Gert Vande Broek.</b><br><i>Leuven, BE</i>                        |                        |           |
| 12.15 – 13.00 | Student presentation of dissertation abstracts   |   |   |   |                        |           |
| 13.00 – 14.15 | Lunch  |   |   |   |                        |           |
| 14.15 – 15.30 | <b>-Coaching-</b><br>Coaching for life skills (1)<br><b>Athanasios Papaioannou</b><br><i>Trikala, GR</i> | <b>-Well-being-</b><br>Dynamics of Physical Self (1)<br><b>Greg Ninot</b><br><i>Montpellier, FR</i> | European quarter in Brussels  | <b>-Sport Psychology-</b><br>Sport psychology as cultural praxis (1)<br><b>Tatiana Ryba</b><br><i>Jyväskylä, FI</i> |                        |           |
| 15.30 – 15.45 | Break  |   |   |   |                        |           |
| 15.45 – 17.15 | <b>-Coaching-</b><br>Coaching for life skills (2)<br><b>Athanasios Papaioannou</b><br><i>Trikala, GR</i> | <b>-Well-being-</b><br>Dynamics of Physical Self (2)<br><b>Greg Ninot</b><br><i>Montpellier, FR</i> | European quarter in Brussels  | <b>-Sport Psychology-</b><br>Sport psychology as cultural praxis (2)<br><b>Tatiana Ryba</b><br><i>Jyväskylä, FI</i> |                        |           |
| 17.15 – 18.15 | Break  |   |   | Evaluation  |                        |           |
| 19.00         |  | <b>Lecture on Belgium</b>   |   | <b>Farewell Party</b>   |                        |           |