

**The Intensive Course Program (Timetable 061115)**  
**January 29 – 2 February, 2007, Trikala, Greece**

| Time          | Mon 29.01  | Tue 30.01   | Wed 31.01   | Thu 1.02  | Fri 2.02  | Sat. 3.02   | Sun. 4.02  |
|---------------|--|---|---|---|---|---|--|
| 9.00 – 10.30  | <b>-Sport-<br/>Team dynamics (1)</b><br>Erwin Apitzsch<br><i>Lund, SE</i>                      | <b>National Holiday</b><br>One-day trip to<br>Lake Plastira | <b>-Exercise-<br/>Life skills in<br/>physical education<br/>(1)</b><br>Marios Goudas<br><i>Trikala, GR</i>                | <b>-Sport-<br/>Understanding the<br/>dynamics of<br/>motivational states<br/>in sport (1)</b><br>Christoph Gernigon<br><i>Montpellier, FR</i> | <b>-Sport-<br/>Understanding and<br/>enhancing<br/>motivation (1)</b><br>Glyn Roberts<br><i>Oslo, NO</i>  | <b>-Sport/Exercise-<br/>Psychological<br/>prediction and<br/>rehabilitation of<br/>sport injury (1)</b><br>Urban Johnson<br><i>Halmstad, SE</i> | One-day trip<br>to river<br>Aliakkmon -<br>rafting |
| 10.30 – 11.00 | Coffee Break   |   |   |   |   |   |  |
| 11.00 – 12.30 | <b>-Sport-<br/>Team dynamics (2)</b><br>Erwin Apitzsch<br><i>Lund, SE</i>                      |   | <b>-Exercise-<br/>Life skills in<br/>physical education<br/>(2)</b><br>Marios Goudas<br><i>Trikala, GR</i>                | <b>-Sport-<br/>Understanding the<br/>dynamics of<br/>motivational states<br/>in sport (2)</b><br>Christoph Gernigon<br><i>Montpellier, FR</i> | <b>-Sport-<br/>Understanding and<br/>enhancing<br/>motivation (2)</b><br>Glyn Roberts,<br><i>Oslo, NO</i> | <b>-Sport/Exercise-<br/>Psychological<br/>prediction and<br/>rehabilitation of<br/>sport injury (2)</b><br>Urban Johnson<br><i>Halmstad, SE</i> |  |
| 12.30 – 13.30 | Lunch  |   |   |   |   |   |  |
| 13.30 – 15.00 | <b>-Sport/Exercise-<br/>Eating Disorders<br/>(1)</b><br>Karin de Bruin<br><i>Amsterdam, NL</i> |   | <b>-Sport-<br/>Effective strategies<br/>in maximizing<br/>performance (1)</b><br>Yannis Theodorakis<br><i>Trikala, GR</i> | <b>-Exercise-<br/>Communication<br/>and gender (1)</b><br>Marie Bergström<br><i>Lund, SE</i>  | <b>-Sport-<br/>Coaches in youth<br/>sport (1)</b><br>Jaume Cruz<br><i>Barcelona, ES</i>                   | <b>-Sport-<br/>Empowering<br/>athletes in career<br/>transitions (1)</b><br>Natalia<br>Stambulova<br><i>Halmstad, SE</i>                        | Visit to<br>Meteora                                |
| 15.00 – 15.15 | Break  |   |   |   |   |   |  |
| 15.15 – 16.45 | <b>-Sport/Exercise-<br/>Eating Disorders<br/>(2)</b><br>Karin de Bruin<br><i>Amsterdam, NL</i> |   | <b>-Sport-<br/>Effective strategies<br/>in maximizing<br/>performance (2)</b><br>Yannis Theodorakis<br><i>Trikala, GR</i> | <b>-Exercise-<br/>Communication<br/>and gender (2)</b><br>Marie Bergström<br><i>Lund, SE</i>  | <b>-Sport-<br/>Parents in youth<br/>sport (2)</b><br>Jaume Cruz<br><i>Barcelona, ES</i>                   | <b>-Sport-<br/>Empowering<br/>athletes in career<br/>transitions (2)</b><br>Natalia<br>Stambulova<br><i>Halmstad, SE</i>                        |  |
| 16.45 – 18.00 | Break  |   |   |   |   |   |  |
| 18.00 – 19.00 | Welcome Party  | Sport/social<br>activities                                  | Town trip   | Reception   | Sport/social<br>activities  | Free  |  |

**The Intensive Course Program (Timetable)**  
**February 5 – 9, 2007, Trikala, Greece**

| Time          | Mon 5.02  | Tue 6.02   | Wed 7.02  | Thu 8.02   | Fri 9.02   | Sat 10.02  |
|---------------|---|--|---|--|--|------------|
| 9.00 – 10.30  | <b>Sport/Exercise-Coaching (1)</b><br>Anne-Marie Elbe,<br><i>Copenhagen, DK</i>   | <b>-Exercise-Exercise and social and emotional learning (1)</b><br>Taru Lintunen<br><i>Jyväskylä, FI</i> | <b>-Sport/Exercise-Examining construct validity &amp; reliability (1)</b><br>Athanasios Papaioannou<br><i>Thessaly, GR</i>    | <b>-Sport/Exercise-Creating a positive motivational climate in physical education</b><br>Nikolaos Digelidis<br><i>Thessaly, GR</i> | <b>-Sport-FEPSAC information</b><br>Roland Seiler<br><i>Bern, CH</i>   | Departures |
| 10.30 – 11.00 | Coffee Break  |  |   |  |  |            |
| 11.00 – 12.30 | <b>Sport/Exercise-Coaching (2)</b><br>Anne-Marie Elbe,<br><i>Copenhagen, DK</i>   | <b>-Exercise-Exercise and social and emotional learning (2)</b><br>Taru Lintunen<br><i>Jyväskylä, FI</i> | <b>-Sport/Exercise-Examining construct validity &amp; reliability (2)</b><br>Athanasios Papaioannou<br><i>Thessaly, GR</i>    | <b>-Sport-Morality in sport</b><br>Mary Hasandra<br><i>Thessaly, GR</i>  | <b>-Sport-Mental skills training and other applied issues in sport psychology (1)</b><br>Vana Hutter<br><i>Amsterdam, NL</i> |            |
| 12.30 – 13.30 | Lunch   |  |   |  |  |            |
| 13.30 – 15.00 | <b>-Sport-Crisis Management in Secondary Schools for Elite Sports: from Case-Study to Protocol (1)</b><br>Jeroen Meganck<br><i>Hasselt &amp; SPOC, BE</i> | <b>-Exercise-Motivation to regular physical activity (1)</b><br>Ines Pfeffer<br><i>Leipzig, DE</i>       | <b>-Sport-Anxiety &amp; Stress coping</b><br>Antonis Chatzigeorgiadis<br><i>Thessaly, GR</i>                                  | <b>-Sport-The elite female athlete</b><br>S. Chroni<br><i>Thessaly, GR</i>   | <b>-Sport-Mental skills training and other applied issues in sport psychology (2)</b><br>Vana Hutter<br><i>Amsterdam, NL</i> |            |
| 15.00 – 15.15 | Break   |  |   |  |  |            |
| 15.15 – 16.45 | <b>-Sport-Crisis Management in Secondary Schools for Elite Sports: from Case-Study to Protocol (2)</b><br>Jeroen Meganck<br><i>Hasselt &amp; SPOC, BE</i> | <b>-Exercise-Motivation to regular physical activity (2)</b><br>Ines Pfeffer<br><i>Leipzig, DE</i>       | <b>-Exercise-Determinants &amp; psychological outcomes of exercise in the elderly</b><br>Vasiliki Zisi<br><i>Thessaly, GR</i> | <b>-Sport-Sport psychology in Europe</b><br>Roland Seiler<br><i>Bern, CH</i>   | <b>Goodbye Session and IC Evaluation</b>   |            |
| 16.45 – 18.00 | Break   |  |   |  |  |            |
| 18.00 – 19.00 | Free  | Exercise – Move in beat for body heat  | Free  | Traditional Greek dances   | Farewell party   |            |