

A TOURING JOURNAL WITH SPORT PSYCHOLOGY

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PRETORIA

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DECLARATION

I, Lourens H. Human, hereby declare that this research report is my own work and that this work has not been submitted at any other tertiary institution for any degree.

Lourens H. Human

Date: 09/03/2005

ACKNOWLEDGEMENTS

To Dave, for being a mentor in life.

To my father, for introducing me to sport, to Monja for re-introducing me to sport, as well as to Hannelize and Henk for playing.

OPSOMMING

Hierdie navorsingsverslag is 'n narratief oor my ervarings met sportsielkunde. Ek het die “toer” en “joernaal” metafore gebruik in die konstruering van hierdie narratief.

Voor ek op toer met sportsielkunde gegaan het, het ek myself as navorser bekend gestel (hoofstuk 2, joernaalinskrywing I). Daarna het ek die navorsingsprobleem, vraag en doelstelling(e) uiteengesit (hoofstuk 3, joernaalinskrywing II).

My toer met sportsielkunde het hierna in aanvang geneem. Ek het 'n sportsielkunde museum besoek, om meer uit te vind oor die geskiedenis van sportsielkunde (hoofstuk 4, joernaalinskrywing III). Hierna het ek besoek afgelê by 'n sportsielkunde biblioteek om meer uit te vind oor die veld van sportsielkunde (hoofstuk 5, joernaalinskrywing IV). Ek het ook 'n sportsielkunde kongres bygewoon om meer te leer van nagraadse opleiding in sportsielkunde in Sielkunde Departemente (hoofstuk 6, joernaalinskrywing V). Na die kongres het ek 'n sportsielkunde departement in Australië besoek om na 'n nagraadse opleidingsprogram in sportsielkunde te kyk (hoofstuk 7, joernaalinskrywing VI). Op die laaste deel van my toer het ek 'n sportsentrum in Suid-Afrika en 'n sportinstituut in Australië besoek, om te sien tot watter mate sportsielkunde in praktyk beoefen word (hoofstuk 8, joernaalinskrywing VII).

Na my toer met sportsielkunde het ek dit wat ek op die toer geleer het, geneem en die MA (Voorligtingsielkundekursus) aan die Universiteit van Pretoria, Suid-Afrika, aangepas. Hierdie kursus is gewysig en bestaan tans uit drie kern modules en twee keuse modules. Die kern modules is fundamentele sielkunde, voorligtingsielkunde en loopbaansielkunde. Die keuse modules is gemeenskapsielkunde en sportsielkunde. Die sportsielkunde module bestaan uit die volgende kursusse: sportsielkunde, sportbestuur, sportsosiologie en oefensielkunde. Die Beroepsraad vir Sielkunde by die Health Professions Council of South Africa het hierdie module aan die einde van 2003 goedgekeur (hoofstuk 9, joernaalinskrywing VIII). Laastens, het ek ook aandag gegee aan die impak van my ervarings met sportsielkunde op my identiteit as 'n sielkundige (hoofstuk 10, joernaalinskrywing IX).

Sleutelbegrippe

Voorligtingsielkunde, terapeutiese sielkunde, kognitiewe-gedragsterapie, sistemies-narratiewe terapie, loopbaansielkunde, studiemetodes, beroepskeuses, sportsielkunde, sportbestuur, sportsosiologie, oefensielkunde

SUMMARY

This research report is a narrative on my encounter with sport psychology. I used the metaphors of “touring” and “journal” to guide the construction of this narrative.

Before embarking on my tour with sport psychology, I introduced myself as researcher (chapter 2, journal entry I) and stated the research problem, question and goal(s) (chapter 3, journal entry II).

I then went on a tour with sport psychology. I visited a sport psychology museum to learn more about the history of sport psychology (chapter 4, journal entry III) and a sport psychology library to learn more about the field of sport psychology (chapter 5, journal entry IV). I also attended a sport psychology conference to become better acquainted with postgraduate sport psychology training in Psychology Departments (chapter 6, journal entry V). I also visited a sport psychology department at a university in Australia, to witness the delivery of a postgraduate training programme in sport psychology (chapter 7, journal entry VI), as well as a sport centre in South Africa and a sport institute in Australia, to see how and the extent to which sport psychology was practised (chapter 8, journal entry VII).

After my tour with sport psychology I took what I had learnt and adapted the MA (Counselling Psychology) programme at the University of Pretoria, South Africa. This led to the programme having three core modules and two elective modules. The core modules are fundamental psychology, counselling psychology and career psychology. The elective modules are: community psychology and sport psychology. The sport psychology module consists of the following courses: sport psychology, sport management, sport sociology and exercise psychology. The Professional Board of Psychology at the Health Professions Council of South Africa approved this module at the end of 2003 (chapter 9, journal entry VIII). Finally, I also looked at the influence of my experience with sport psychology on my identity as a psychologist (chapter 10, journal entry IX).

Key terms

Counselling psychology, therapeutic psychology, cognitive-behaviour therapy, systemic-narrative therapy, career psychology, study methods, career guidance, sport psychology, sport management, sport sociology, exercise psychology

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ABBREVIATIONS AND DESCRIPTIONS

Abbreviation	Description
AAASP	Association for the Advancement of Applied Sport Psychology
AASPA	Australian Applied Sport Psychology Association
ACE	Athlete Career Education
AIS	Australian Institute of Sport
APA	American Psychological Association
APS	Australian Psychological Society
AU	Argosy University
AUSPIN	Australian Society Sport Psychology Interest Network
BASES	British Association for Sport and Exercise Sciences
BPS	British Psychological Society
BU	Boston University
CA	Chartered Accountant
CMTR	Canadian Mental Training Registry
CPSD	Centre for Psychological Services and Development
DPSE	Doctor of Psychology (Sport and Exercise)
EdD	Education Doctorate
FSU	Florida State University
GBR	Graduate Basis for Registration
HPC	High Performance Centre
HPCSA	Health Professions Council of South Africa
HU	Harvard University
IJSP	International Journal of Sport Psychology
ISSP	International Society of Sport Psychology
JASP	Journal of Applied Sport Psychology
JFKU	John F. Kennedy University
JSEP	Journal of Sport and Exercise Psychology
KPA	Key Performance Area
LEAP	Life Enhancement through Athletic and Academic Participation
MA	Master of Arts

MEd	Master of Education
MPSE	Master of Psychology (Sport and Exercise)
MS	Master of Science
MSU	Mankato State University
NASPSPA	North American Society for the Psychology of Sport and Physical Activity
NIAS	Northern Inland Academy of Sport
NSC	National Sports Congress
NZ	New Zealand
PBP	Professional Board of Psychology
PEG	Performance Enhancement Group for Injured Athletes
PhD	Philosophy Doctorate
PsyD	Psychology Doctorate
PUCHE	Potchefstroom University for Christian Higher Education
RAU	Rand Afrikaans University
SA	South Africa
SACOS	South African Council on Sport
SANROC	South African Non-Racial Olympic Committee
SASC	South African Sports Commission
SASI	Southern Australia Institute of Sport
SDUIS	San Diego University of Integrative Studies
SISA	Sport Information and Science Agency
SPAANZ	Sport Psychology Association of Australia and New Zealand
SPS	Sport Psychological Services
SRC	Staanvas Rehabilitation Centre
SUN	Stellenbosch University
TSP	The Sport Psychologist
TUT	Tswane University of Technology
UA	University of Arizona
UC	University of California
UI	University of Illinois
UK	United Kingdom
UM	University of Manitoba
UMC	University of Missouri-Columbia

UMS	University of Memphis
UMT	University of Montana
UNT	University of North Texas
UP	University of Pretoria
UQ	University of Queensland
USA	United States of America
USOC	United States Olympic Committee
USQ	University of Southern Queensland
UW	University of Washington
UWA	University of Western Australia
VCU	Virginia Commonwealth University
WAIS	Western Australia Institute of Sport