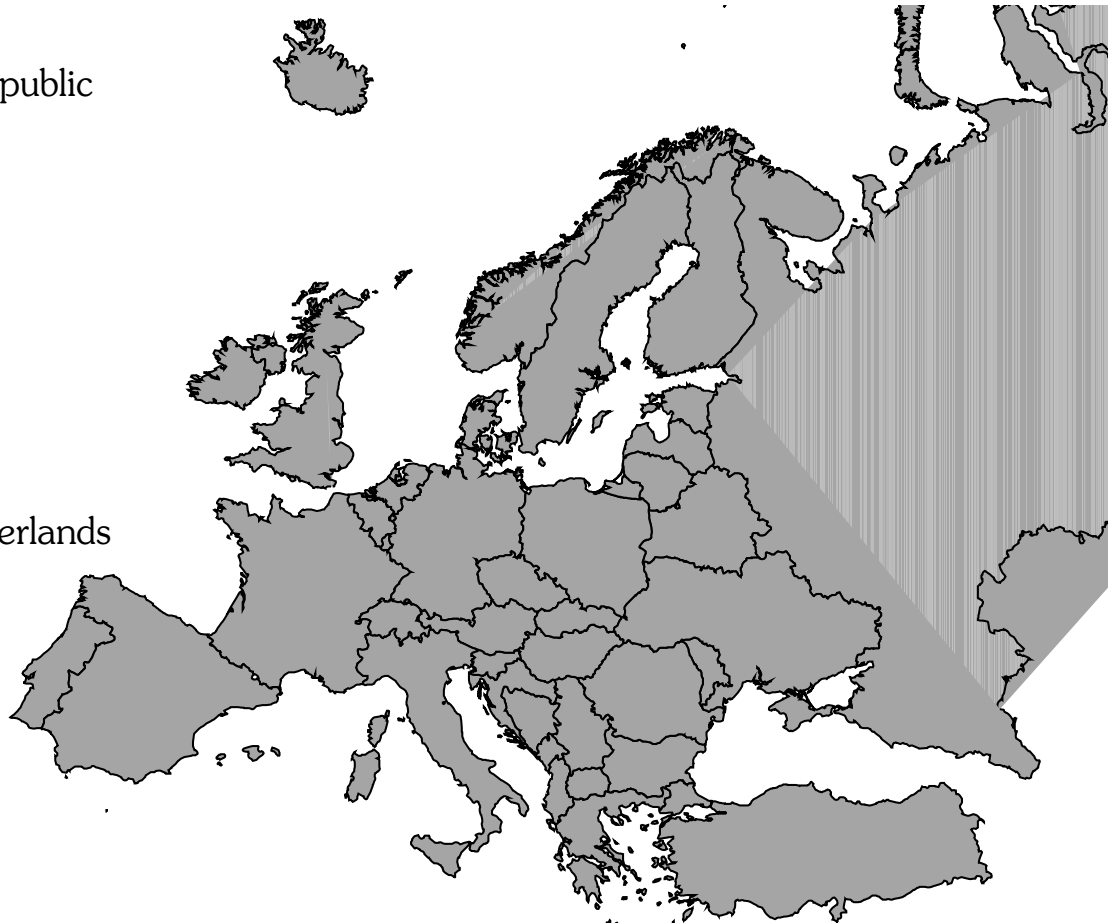


# CHAPTER 5

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# Armenia

Grant Avanesyan  
*Armenian Federation of Sport Psychology (AFSP)*



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## Estimated Number of Sport Psychologists

The Armenian Federation of Sport Psychology (AFSP) has 36 members: well-known scholars, professors of psychology, lecturers and teachers from various colleges and schools, coaches and instructors of physical education, former athletes, and students.

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## General Background

AFSP was founded in 1988 by the State Committee of Physical Culture and Sport of the Armenian SSR. The first president of AFSP was Grant Avanesyan. The main purposes of AFSP were to coordinate the direction of sport psychologists work, to promote research, and to establish contact between Armenian and foreign psychologists and Olympic training centers. Before the foundation of AFSP there was no independent public unification of sport psychologists in Armenia. During that period, sport psychologists were members of the Society of Soviet Psychologists.

The founder of sport psychology in Armenia was Alexander Lalayan (1925–1983). In 1976 he became a member of the European Federation of Sport Psychology (FEPSAC) and two years later of the International Society of Sport Psychology (ISSP). After the Republic of Armenia gained independence in 1991, AFSP promoted the establishment of international links with the national federations of sport psychology of the former republics of USSR, with FEPSAC and ISSP, as well as with national associations of sport psychology of several foreign countries.

The objectives of AFSP are as follows: unification of specialists working in the field of sport psychology, assistance to programs of scientific and applied research, training of specialists, publication of various manuals, and organization of conferences and seminars.

## EUROPE

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### **National activities**

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AFSP organizes scientific conferences and cooperates with the National Olympic Committee of Armenia in conducting seminars in the field of physical training and sport. On AFSP's initiative, the following conferences and seminars were held in Armenia:

October 1992: International seminar on Applied Aspects of Sport Psychology.

October 1996: Workshop on Applied Methods of Sport Psychology.

July 2000: International seminar on Applied Sport Psychology.

The AFSP annual national conference, Theoretical and Practical Problems of Sport and Physical Education, is held in Yerevan. AFSP also organizes seminars for coaches and instructors in the National Olympic Centre in Tsakhkadzor.

### **Communication Channels**

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The postal address of AFSP is 11, Al. Manoukian str., Yerevan 375070.

Email: <armgrant@freenet.am>; phone: (3741) 55 57 60; fax: (374) 96 06924.

### **Academic Programs in Sport Psychology**

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AFSP does not carry out academic programs independently. These held in those scientific centres and universities where the members of AFSP are part of the staff.

The Psychology Department of the Armenian State Institute of Physical Culture and the Scientific Centre of Physical Education and Sport perform joint research in the following areas: methodological and measurement issues of sport psychology; elite performance;

- health behavior; mental training interventions; and physical education in schools and universities.

### **Academic Institutions Offering Programs in Sport Psychology**

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The major universities and colleges offering programs in sport psychology:

1. Armenian State Institute of Physical Culture/Department of Psychology;
2. Scientific Centre of Physical Education and Sport/Section of Sport Psychology;
3. Yerevan State University/Department of Physical Education;
4. Yerevan College of Physical Education and Sport.

### **Certification in Sport Psychology**

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There is no special system of certification in sport psychology in Armenia. To obtain the status of sport psychologist, it is necessary to master sport psychology in a postgraduate course after graduation from Institutes or Universities. Such educational programs are carried out in Yerevan State University and Armenian State Institute of Physical Culture.

### **Applied Work in the Area of Sport Psychology**

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AFSP, in cooperation with the specialists of the Scientific Center of Physical Education and Sport, is involved in a special scientific-applied program, which was founded to assist the National and Olympic National teams. This work is coordinated by the Department of Sport of the Ministry of Culture, Youth Affairs and Sport.

### **Relationship Between the National Sport Psychology Society and the Sport Federations and Authorities**

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AFSP cooperates with the Armenian sport federations and with the Association of Sport Medicine of Armenia. All of the above-mentioned associations and Federations are members of the National Olympic Assembly.

AFSP has links with various sport authorities under the auspices of the Ministry of Culture, Youth Affairs and Sport.

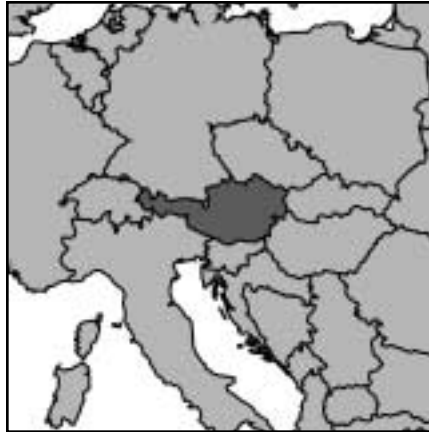
### **Contact Persons in the Area of Sport Psychology**

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Department of Psychology  
Yerevan State University
5. Harutyun Babayan  
Department of Psychology  
Armenian State Institute of Physical Culture

# Austria

Guenter Amesberger  
*The Austrian Forum Sport Psychology (FS)*



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## **Estimated Number of Sport Psychologists**

There are 20 members of the FS. Most of the members are working in the field of applied sport psychology. Only one member, Guenter Amesberger, is an employee of a university.

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## **General Background**

The society was founded in 1995. It is a section of the Austrian Society of Sports Science and a member of FEPSAC.

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## **Aims and purposes of the society.**

The aim of the society is the support and development of the fields of research, theory, and practice in sport psychology. The following issues are of special interest:

- Suggesting and supporting research, theory, and practice in sport psychology.
- Supporting the exchange of information and methods especially of scientific conferences and publications.
- Supporting young scientists, especially in furthering their education.
- Representing sport psychology with regard to national and international concerns.
- Developing curricula for further education and qualitative standards in sport psychology.

### **National Activities**

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The most important activities have been furthering education for coaches in sport psychology, discussing applied methods in sport psychology among the sport psychologists, publishing a manual for coaches containing techniques of sport psychological interventions, providing several sport psychology seminars for coaches, and developing a curriculum for sport psychology.

### **Communication Channels**

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Email: [guenter.amesberger@univie.ac.at](mailto:guenter.amesberger@univie.ac.at)

Homepage: [www.univie.ac.at/Sportwissenschaften/FS/Homepage.htm](http://www.univie.ac.at/Sportwissenschaften/FS/Homepage.htm)

### **Academic Programs in Sport Psychology**

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It is not possible to study sport psychology in Austria. You can study either psychology or sport science or both and specialize in sport psychology (masters degree, doctoral dissertation).

### **Academic Institutions Offering Programs in Sport Psychology**

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The above-mentioned opportunities are only offered at the University of Vienna.

### **Certifications in Sport Psychology**

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The society has developed a curriculum for a postgraduate course (160 hours, the same amount of hours as for a health psychologist and a clinical psychologist). The course was held in 10 seminars, with a strong focus on how to combine theory and practice. The combination was underlined by using case studies and personal experiences as well as general theoretical constructs. The participants were encouraged to learn how to diagnose correctly and find suitable intervention methods for various practical problems in sport. The participants were required to do a period of practical training as well.

The titles of the seminars were as follows:

- Seminar 1: Basics of applied sport psychology
- Seminar 2: Social processes in sport
- Seminar 3: Action and motor control
- Seminar 4: Motivation, emotion, and goal setting
- Seminar 5: Stress and strain
- Seminar 6: Optimal arousal-inducing techniques, zones of optimal functioning, peak performance
- Seminar 7: Cognitive processes: Perception, thinking, decision making, attention
- Seminar 8: Psychology of adventure and risk taking

## EUROPE

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Seminar 9: Systemic aspects in sport psychology, position of sport psychologists in sport systems

Seminar 10: Going for practice.

Target groups for the seminars are psychologists and sport scientists.

### **Applied Work in Sport Psychology**

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The main area of sport psychology in Austria is sport psychological training of athletes and counselling of coaches, based on generally known methods of psychological training and communication.

As already mentioned, there has been a project on sport psychological training for coaches and athletes as well as a project with different Olympic teams (Atlanta 1996, Sydney 2000).

### **Relationship Between the National Sport Psychology Society and the Sport Federations and Authorities**

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Cooperation between the two institutions has been very beneficial to both sides. Most of the projects have been funded by the Austrian Federal Sports Association (BSO). Although financial resources are few, the BSO is highly interested in providing sport psychology to different kinds of sport.

### **Contact Persons in Sport Psychology**

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