

## ORGANIZER

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## CONTACTS

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# SPORT MENTAL TRAINING IN EUROPE

BLENDED INTENSIVE  
PROGRAMME (BIP) 2024  
Master degree in Psychology  
or Human Movement Science

## HOST INSTITUTION

Université Claude Bernard Lyon 1

## PARTNER INSTITUTIONS

University of Extremadura (Spain), University G.  
d'Annunzio (UdA) of Chieti-Pescara (Italy), University  
of Gdańsk (Poland), Karlstad University (Sweden),  
Humboldt University of Berlin (Germany)

## TRAINING TEAM

Marika Berchicci from UdA (Italy)

Francisco M. Leo, Juan J. Pulido and Miguel  
A. López-Garjardo from the University of  
Extremadura (Spain)

Emma Guillet Descas, Virginie Nicaise, and  
Guillaume Martinent from the Claude Bernard Lyon 1  
University (France)

Dagmara Budnik-Przybylska, Maria Kaźmierczak,  
Jacek Przybylski from the University of Gdańsk  
(Poland)

Henrik Gustafsson, Gabriella Torell Palmquist,  
and Stefan Wagnsson from the Karlstad University  
(Sweden)

Franziska Lautenbach from the Humboldt  
University of Berlin (Germany)

## PARTNERS

Université Claude Bernard  Lyon 1



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# ABOUT US

Attending this BIP programme the students, as well as the teaching staff, will have the chance to exchange experiences and knowledge on sport psychology and mental training. Psychological skills strongly contribute and influence performance. Lessons and practical experiences will focus on the engagement processes in athletes, coaches and stakeholders, and the perspective on diversity and inclusion in sport.

Team dynamics and leadership development in athletes and coaches will be illustrated to foster group processes and performance in sports teams. Emotional process and techniques for emotion regulation will also be mastered. Finally, theoretical and practical application of mental skills training will be conveyed.

# COURSE STRUCTURE

- ✓ **JUNE 24<sup>TH</sup> - 25<sup>TH</sup>**  
*SESSION 1 ONLINE*  
Course presentation and  
online seminars
- ✓ **SEPTEMBER 2<sup>ND</sup> - 6<sup>TH</sup>**  
*SESSION 2 IN PRESENCE*  
Lectures and laboratory activities  
Social events
- ✓ **SEPTEMBER 23<sup>RD</sup> - 24<sup>TH</sup>**  
*SESSION 3 ONLINE*  
Project presentations by students  
& closing remarks

