

PsyTool “Using Sport Psychology as a tool for positive Sport”

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ICCE

*International Council for
Coaching Excellence*



PSYTOOL
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– ¿Porqué nace la idea de PSYTOOL?





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NECESIDAD

Racism and violence challenge the fundamental values of European political and cultural integration. Equally, racism and violence in sport jeopardise the role of sport as an important contributor in the fields of education and social inclusion and its capacity to generate positive opportunities of solidarity and prosperity.

HAY UNA OPORTUNIDAD: ERASMUS+ PROGRAMME





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Basic project info

Programme: Erasmus+ Sport

- **Type of Action: Collaborative Partnerships**
- **Call for proposals: EAC/A04/14, Round 2**
- **Project Title: Sport Psychology as a strategic tool for prevention and training on grassroots sports**
- **Project Acronym: PsyTool**
- **Project Number: 567199-EPP-1-2015-2-ES-SPO-SCP**
- **Project start date: 01/01/2016**
- **Project end date: 31/12/2017**
- **Duration: 24 months**
- **Total costs of the Action: 476.868,26 €**
- **Maximum EC grant: 381.494,61 €(80%)**



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Partnership: Necesidad de socios adecuados

- P1 - Pablo de Olavide University (Coordinator)
- P2 - Autonomous University of Barcelona
- P3 - University of the Balearic Islands
- P4 - Spanish Federation of Sport Psychology
- P5 - Halmstad University
- P6 - Sapienza University of Rome
- P7 - International Council for Coaching Excellence
- P8 – Faculdade de Motricidade Humana (University of Lisbon)
- P9 - International Center for Sport Security Europe
- P10 - Football Against Racism in Europe
- P11 - Sevilla Fútbol Club Foundation
- P12 - Sporting Clube de Portugal
- P13 - Portuguese National Sport Foundation

Coordenador



Parceiros





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Necesidad de socios adecuados: La importancia del equipo





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La importancia del impacto: el lugar donde se presentan los actos





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Evitar el Efecto Ringelmann en el Equipo: Implicación, motivación, dirección Liderazgo compartido





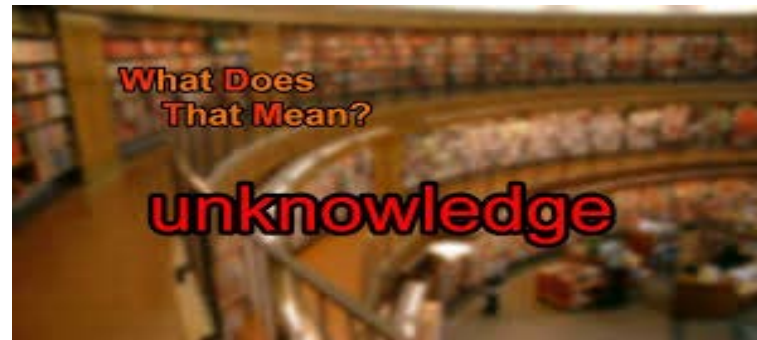
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Son necesarios dos equipos bien combinados

Coordinación (intra y con el coordinador)



Garantía de la administración:
Templates, dietas, formularios



Gran equipo científico



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Methodology (WP)

Step 1: State of Art

Identification of State of Art in different contexts:

Research: Searching Assesment Tools to identify, to learn more about different negative attitudes in different groups of people: Prevalence of violence in Europe specially Portugal, Spain and Italy (with less empirical studies): *We do 4 Master Papers* (UPO).

Research: Educational Tools against violence, discrimination, intolerance, cheating, match-fixing, etc.

Step 2: Identification of Agents of Change

Agents of Change are people who have a very direct relationship with the sport teams or clubs, or at the time of the interview could demonstrate that he/she will be part of a sports organization: coaches, parents, referees, officials, Sport Psychologist and Physical Ed ...

Step 3: Education

PSYTOOL platform, courses, Seminars, face to face intervention, JCR, World Congress..



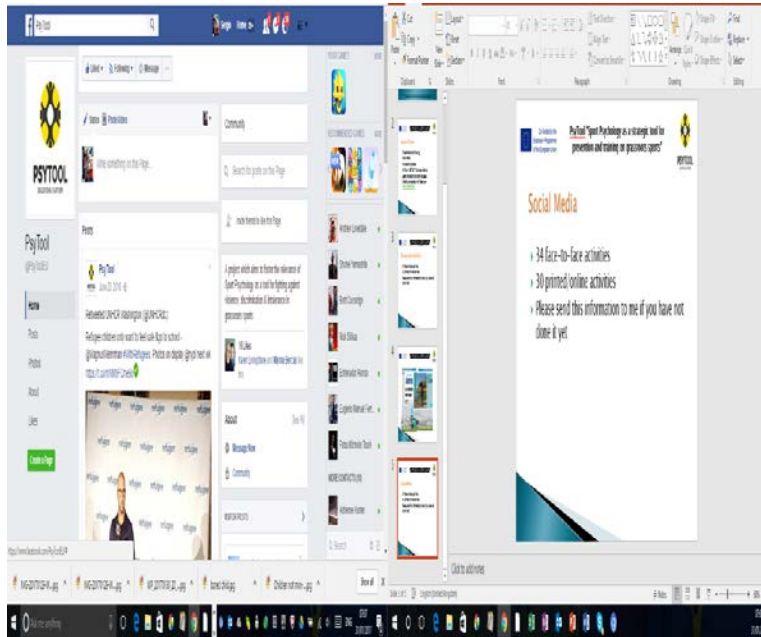
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How: Social Media

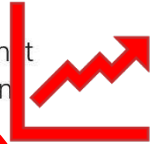


Edit profile

PsyTool

@PsyToolEU

Using Sport Psychology as a tool against violence, discrimination & intolerance in grassroots sports



151

80 FOLLOWING

TWEETS

MEDIA

LIKES



PsyTool @PsyToolEU · 23h

A very important issue we all need to pay attention to

EUSport @EuSport

Have you read our November report on comb...

Importancia de un buen Webmaster
Tener los materiales al día y en activo





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HOW

Webpage

- Portuguese
- English
- Spanish
- Italian

Leaflet

- Portuguese
- English
- Spanish
- Booklet
- English

Translations into (currently
Working on)

Chinese

Arab

PSYTOOL

“A psicologia do desporto como ferramenta estratégica para a prevenção, treino e formação no desporto”

O que é?

O PSYTOOL é um projeto cofinanciado pelo programa Erasmus +, capítulo desporto, na modalidade de “parcerias colaborativas”. Tem por objetivo a utilização da psicologia do desporto como ferramenta estratégica para promover o desenvolvimento pessoal e experiências positivas entre os jovens atletas. O PsyTool visa, também, protegê-los de riscos associados ao desporto tais como a violência, a discriminação, a intolerância, o doping e a manipulação de resultados.

www.psytoolsport.eu

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10 Lessons: Racismo e Discriminação (portuguese version)



Lição 6

“Racismo e Discriminação no Desporto”

www.psytoolsport.eu

Para saber mais sobre o PsyTool...  


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PLATAFORMA EDUCACIONAL

Cofinanciado pelo Programa Erasmus+ da União Europeia 



1. Resumo
2. Objetivos
3. Introdução
 - 3.1. Definições
 - 3.2. Características
 - 3.3. Lidar com o racismo e a discriminação
4. Depois de ler as secções anteriores, deverá con seguir responder ao seguinte...
5. Casos de estudo: identificação
 - Caso de estudo 1
 - Caso de estudo 2
 - Caso de estudo 3
6. Conclusões
7. Questões em estudo
8. Recomendações
9. Resultados de aprendizagem
10. Avaliação (0-10)
 - 10.1. Satisfação
 - 10.2. Aprendizagem
 - 10.3. Aplicabilidade dos conceitos
11. Questionário
12. Referências

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Seminarios prácticos



Monterrey, México. Kids coaches



Majorca. Balearic Football Federation



Sevilla FC. Coaches



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DISEMINACION
Muy importante
para Erasmus+



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ICSS
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SESSION II

Resilience comment: How sport contributes to inclusive environments in Europe

Sports have the power to change the world. It has the power to inspire, the power to unite people in a way that lasts and grows. It speaks to youth in a language they understand. Sports can create hope, when there are none and despair. It is more powerful than governments in breaking down racial barriers. It teaches in the face of all types of discrimination. Sports is the game of lives.

Nelson Mandela, Laureate, 2000



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Planificación de actividades con suficiente antelación



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Más información en... [www.rpd-online.com/supplement 3](http://www.rpd-online.com/supplement3)

Muchas gracias por su atención.



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