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Özgür Yaşar Akyar is graduated from Computer Engineering Department. After working for Ministry of Youth and Sports for three years he decided to continue his academic career at the Faculty of Sports Sciences at Hacettepe University (HU), Beytepe Campus since 2014. He is currently working as a research assistant at HU. His research interests include: coaching pedagogy, social skills development, instructional design, experiential learning. He

is representative of Research Assistants to the board of Faculty. Apart from his academic work he is also active volunteer in various NGOs, as well as future leader program and co-founder of Association of Renaissance Institute (www.renaissanceinstitute.eu). He conducts training courses as part of Erasmus + Program of European Commission as a member of pool of trainers of Turkish National Agency.

Assessment of Negotiation Styles with ENACT Online Self-Assessment Tool for Holistic Coaching

The interpersonal and social skills involved in leading individuals can also be referred to as element of effective leaders, teachers and coaches (Becker 2009; Jones et al.2010; Rieke et al, 2008) Although this concept has not been operationalized enough to be measured yet(Cote and Gilbert, 2009) we believe importance of researches which aim at identification of those social skills and examining use of technological tools. The intent of this qualitative study is to examine negotiation styles of candidate sports coaches by using ENACT negotiation styles online assessment tool. Qualitative method is chosen in order to better understand ENACT online self-assessment tool in comparison to candidate sport coaches' real life situations. As a result of face to face interviews with candidate sport coaches regarding differences and similarities between real life negotiation and ENACT negotiation scenarios, it is found that views of candidate sport coaches gathers under three themes as a1) effort for goal achievement a2) relation a3) social skills and gathers under three themes as b1) technical features, b2) content of scenarios b3) result-evaluation regarding further improvement ENACT online self-assessment tool. Besides this it is also aimed to explain results which are obtained by two different data collection tools by giving real life examples of each interviewed participants. As a result of this it is discovered that participant's views gather under five codings such as Interactions, Reality, Entertainment-Attractive, Better reflection and Time. ENACT is able to create interactive environment rather than simply asking users to remember their past experiences like in pen and paper psychological tests. It has potential to allow testing users to get more accurate measures because test takers are requested to act, not to remember and also being a game, Enact represents a more engaging assessment environment.



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Karolina Chlebosz received her master degree in physical education from University School of Physical Education in Poznan, Poland in 2013 and master degree in psychology from Adam Mickiewicz University in Poznan, Poland in 2011. Previously she completed high school in Bydgoszcz, Poland. Currently, she is Ph.D student in University School of Physical Education in Poznan. She is Country Representative of European Network of Young Specialist in Sport Psychology. Her research interests lie in integrated approaches in the fields of psychology, physical activity, sports, exercise science and health to promote active living and extend knowledge about mental impact in the

sport performance. Karolina is an author of publications in scientific and sports journals in English and Polish and is an active conferences participant, mostly in Europe as well as a triathlete, marathon and mountain runner.

Mental Preparation of Triathletes: Practical Implications of Research Findings

Triathlon is a very demanding sport that is increasingly popular among amateur athletes. A triathlete must mentally assess their physical ability across 3 sports against their competitors, the environment and, most of all, themselves. The mental preparation required for a triathlon is often minimized, but its importance should not be underestimated. Appropriate mental planning should be carried out during training. The need for nutrition, race planning, visualization, imaging, and possible changes in conditions should be all anticipated. This study presents the sport of triathlon and discusses what triathletes' motivations to train and to compete are, as well as the challenges, fears and needs they are facing. Moreover, the present study examined the effects of a mental skills training package on competitive triathlon performance and evaluated the utilization and impacts of the mental skills during performance.



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Sports Physiotherapy Services of Turkish National Youth Football Team

Football is the most famous sports in Turkey as most of the world. Since 1923 Turkish Football Federation, as the members of FIFA and UEFA, organises and administrates all professional football organisations in Turkey. This administration also includes health organisations. Especially UEFA initiatives and suggests members to build Health Committees. Health committee makes scientific researches, actively works with 16 Turkish National Football Teams and collaborates with football clubs on all over Turkey. This committee works on protective health and plans rehabilitative treatments on need. Physiotherapists are the one important part of this committee. This presentation explains the duties of physiotherapists before, during and after the sports. Moreover, tells standards of physiotherapists, protective preparations and physiotherapy techniques in Turkish National Football Teams.



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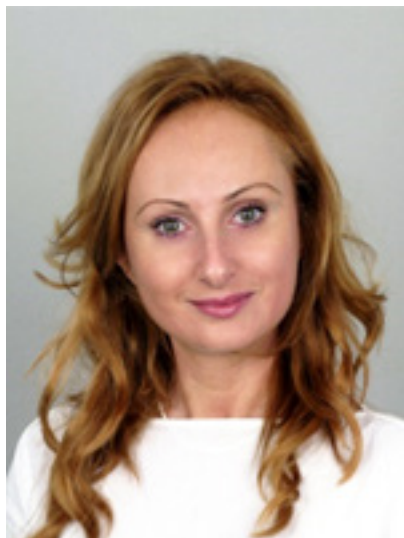
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Mona Maghanoy is currently finishing her thesis for a Master's degree in Psychology specializing in Clinical Psychology at the College of Social Science and Philosophy (CSSP) at the University of the Philippines (U.P.). She received her Bachelor's degree in Sports Science from the College of Human Kinetics (UP-CHK) in the same University in 2004. In 2007, she received her degree in nursing from Southeast Asian College. She is a registered nurse of the Philippines. Mona is a faculty member of the Department of Sports Science at UP-CHK. She teaches undergraduate courses in Human Biomechanics,

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Psychological Skills in Competitive-Level Dragon Boat Paddlers

Dragon boat is a flat-water sprint paddling sport that involves 20 paddlers sitting side by side with a drummer in front and a steersman at the back. Furthermore, it requires an athlete to exert maximum effort within 180 to 270 seconds while being attuned to boat movement, lead command and paddling biomechanics of 19 other paddlers. The sport involves physical and mental synchronization in order to ensure optimal competitive performance. This study looks into the athletic coping skills and mental toughness of competitive -level dragon boat paddlers. Findings showed that dragon boat paddlers are mentally tough, based on the results of the Psychological Performance Inventory. However, there is no significant difference in mental toughness components between males and females. The same was found in looking at athletic coping ability through the results of the Athletic Coping Skills Index-28. In general, mental toughness was found to be significantly positively correlated with Athletic Coping Ability. Regression analyses also show that mental toughness scores on Confidence and Achievement motivation predict Athletic Coping ability. Results indicate that in addressing the psychological aspects of this sport, a mental skills program may be designed to target Mental Toughness by enhancing the correlated areas in Athletic Coping ability. In addition to the study presented, a sample of Psychological Skills Training Program designed for a competitive-level team shall be presented, highlighting the areas where some components of mental toughness and athletic coping ability were addressed for optimal performance during competition.



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Zornitza Mladenova is now studying for PhD degree as a graduate assistant in the area of Leisure, Sport animation and Tourism at the National Sports Academy "Vassil Levski", Bulgaria. Previously she completed French Language High School in Sofia, Bulgaria. She enrolled at the Department of Tourism, Alpinism, Orientation, Snow Sports and Sports Animation, National Sports Academy "Vassil Levski", Bulgaria in year 2010 where she in 2011 acquired the master degree of Sport animation. Currently, she is lecturer of

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National Winter Universities Games "Snow Sports in the Culture of New Generation"

As stated by the World Commission on Culture and Development, "Culture is the fountain of our progress and creativity and must be carefully nurtured to grow and develop." The current era of globalization, with its unprecedented acceleration and intensification in the global flows of capital, labour, and information, is having a homogenizing influence on local culture.

Sport is the most ubiquitous feature of popular culture which crosses language barriers and slices through national boundaries, attracting both spectators and participants to a common language of passion, obsessions and desires. And consequently sport is one of the main weapons in the fight against global problems of our civilization such as the hypodynamia, the stress and the nervous strain, which in combination with harmful habits are a prerequisite for obesity, diabetes, hypertension and other diseases. Sport is also a solution to another global problem the lack of spirituality and the growing aggression and alienation which effects on the attitude of the young people.

The first edition of the National Winter Universities Games was in 2009 under the motto "Sport against the Violence and Drugs", which was organized by students of the National Sports Academy. This is a logical continuation of the first Universities games in 2008 as a successful social project which became a tradition and held annually attracting more than 4000 students from 30 universities in Bulgaria. The aim of this study is to present the organization of such sports events like a winter games and the influence under the students of different universities – the future intellectual potential of the civilization.



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University Outdoor Sports in Republic of Macedonia

Sport at the universities is a logical consequence in the educational system in the process of sport education of the youth. Different sport programs and contents applied with university students have positive impact not just on their motor development, health and wellbeing but more important, toward their habits for active and health life style. At Universities in Macedonia, university sport is realized in different forms. From five state Universities, sport as an obligatory university curriculum is realized only at two. At all Universities, outdoor activities for students such as hiking and cross running are the only form of sport activity of the students. They are mainly realized once or twice a year, as traditional manifestations (day of sport) attended obligatory by the students from the first year of study and optionally by the students from all other years of study from all faculties at the University. University leagues are the main sports event organized between all state Universities. Outdoor activities organized at Goce Delcev University in Stip are one of most preferred and attended sport activities by the students. From variety of outdoor sport, as a part of university sport programs, students manly practice hiking realized on every two weeks, activity which is compulsory for all students; cross country running realized as a competition between students and winter sports practiced only by student's choice and their free will. According the summarized results from several studies, students prefer individual outdoor activities that are not competitive; practiced both as a part of university curriculum and as activity in the leisure time. These activities help them to reduce stress, increase their physical condition, mental ability and positive emotions. They also suggested bicycling, rolling as well as summer and winter sports to be implemented as university curricula in all years of study.



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Dianna Thor received her Master Degree in Sports Science (Exercise Physiology) from Nanyang Technological University, Singapore, in 2012. She is currently a lecturer in the Physical Education and Sports Science academic group and for Sports Science and Management, Nanyang Technological University, Singapore. She has taught classes in physiology of exercise,

measurement and evaluation and practical classes such as fitness and conditioning and athletics. She is involved in many areas of research, especially in the area of effort sense, exercise prescription and sports performance. Currently, she is actively teaching, supervising BSc sports science students and trainee PE teachers, as well as, pursuing her PhD degree simultaneously. As an athlete herself, Dianna has taken part in numerous long distance races, and has played in the Nation's Women's Soccer League in one of the top clubs. Her recent notable run was winning gold medals for 800m and 1500m in the women's masters' category of the 2014 Singapore National Games.

Outdoor Education for Students in Singapore Schools

The Physical Education Syllabus in Singapore is prescribed by the Ministry of Education and has been revamped in 2014. With this new syllabus, outdoor education has become a mandatory component and students will have to go through experiential learning through outdoor education. This is an attempt to enhance the health and wellness of students in Singapore and to cultivate their spirits of adventure in the process. Some of the outdoor activities students are encouraged to be involved in include kayaking, rock-climbing and abseiling. With the inclusion of outdoor activities in outdoor education, students will be engaged actively and holistically, bringing about more health benefits and valuable active experiences for them. This presentation will provide an insight on the development of outdoor education in Singapore schools and highlights the outdoor sports that students are involved in.