Sessions are conducted by 4-year trained psychologists who are conditionally registered with the Psychologists Board of Queensland. They are completing further studies at The University of Queensland in the Master program of Sport and Exercise Psychology and are supervised by fully registered psychologists.

Sessions usually last between 30 minutes to an hour. They are available for individuals, groups, and teams, taking into careful consideration the age, experience, culture, and desired outcomes of the participants.

The initial session/s typically focuses on assessing the needs of the individual, group, or team, with a view to developing a program to address these needs.

The Service is also a platform for the graduates and supervisors of the Masters program. They can be booked through the Service at a higher rate.

**FEE SCHEDULE**

**Individual Sessions**
- First session FREE
- From $30 per hour

**Group/Team Sessions**
- From $40 per hour

**Lectures and school seminars**
- By negotiation

Professional athletes/performers and organisations may be entitled to tax deduction for costs associated with sport psychology services.

**FURTHER INFORMATION**

Please contact our Sport & Exercise Psychology Coordinator:

Phone:  3365 6240
        3365 6987 (voicemail messages)

Fax:       3365 6877

E-mail:  sportpsych@hms.uq.edu.au

Web:  www.hms.uq.edu.au/Sportpsych

Schools of Psychology and Human Movement Studies
The University of Queensland
St Lucia

- Optimizing performance
- Increasing enjoyment
WHAT IS SPORT AND EXERCISE PSYCHOLOGY?

Success and enjoyment in physical activity is based on three elements – technical skills, physical fitness, and mental skills. Sport and exercise psychology focuses on mental skills – the ability of individuals to understand and effectively use their mind to improve performance.

Whatever the objective of the individual – winning, personal success, excellence, challenge, social interaction, exercise, relaxation, or simply enjoyment – sport and exercise psychology offers a professional perspective, helping the individual, group, or team participate successfully, with a sense of enjoyment and achievement.

“We Under pressure, you win with your mind”

Tiger Woods

We can assist with:

I. Optimal Performance
Focused on assisting athletes and other participants to achieve optimal performance and increase enjoyment in chosen activities.
- Managing performance anxiety
- Improving team cohesion and building teams
- Increasing motivation
- Preparing for competition
- Enhancing recovery and preventing overtraining
- Managing stress
- Acquiring mental skills (e.g., self-talk, imagery, concentration)
- Developing communication skills

II. Wellness and Health
Focused on using psychological principles in health and wellness settings.
- Managing obesity
- Motivating for diet and exercise adherence
- Balancing lifestyle
- Rehabilitating injury
- Using exercise as adjunct treatment for mood disorders

Who can benefit from this Service?

Sport and exercise psychology can benefit anyone who wishes to improve performance or health in their chosen activity.

Many professional sporting teams and athletes use the services of sport and exercise psychologists to achieve maximum performance. It is important to perform ‘when it counts’. Consequently sport and exercise psychology can support all performing professions who have to perform at a given time (e.g., performing artists, managers and decision makers in white collar employment).

While in sport the balance between training load and recovery is important; lifestyle balance is a key factor for everyone. Finding balance and staying involved in a chosen physical activity can be supported by applying techniques from sport and exercise psychology.

www.hms.uq.edu.au/Sportpsych