

國立體育大學

補助學生出國參加國際學術會議、競賽、訓練與研習活動返國報告書

(請於參加活動返國後填寫)

填表日期：101 年 6 月 22 日

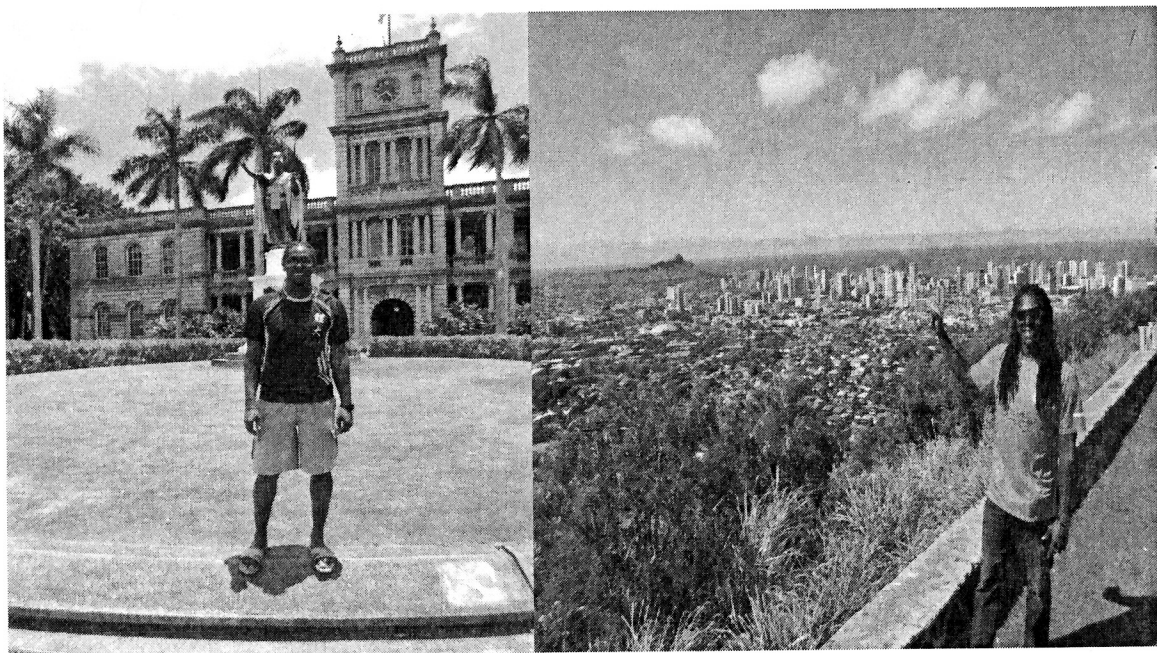
報告人姓名	伯樂	就讀系(所)	體育研究所
活動時間	101.6.2 ~ 101.6.17	活動地點	美國、夏威夷
活動名稱	中文：2012 北美運動與身體活動心理學研討會 英文：NASPSPA		
報告內容包括下列各項：(請另備 A4 大小紙張書寫) 一、參加活動經過 二、參加活動心得 三、考察參觀活動(無是項活動者可省略) 四、建議 五、攜回資料名稱及內容 【出席活動證明文件、申請補助活動之成果照片與全程錄影檔案(電子檔)等】 六、其他			
申請人 簽章	伯樂	負責老師 教練簽章	單位主管 簽章 體育研究所 黃東治

(本表若不敷使用，可自行影印或至研究發展處網頁下載)

REPORT OF ATTENDANCE OF NASPSPA

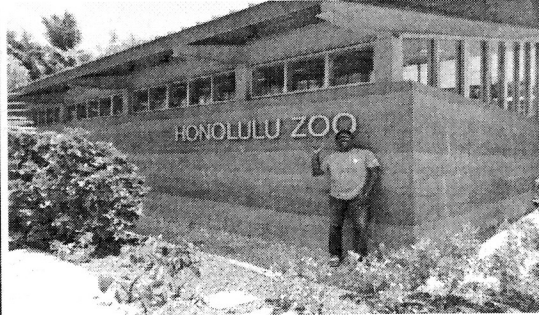
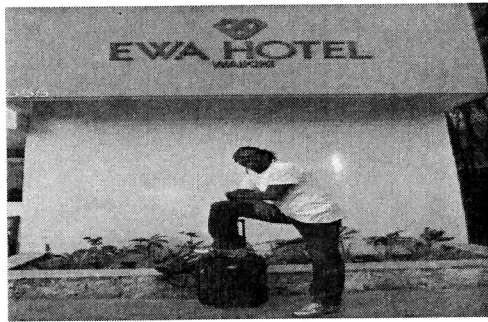
Donald Dave Albert

The North American Society for Psychology of Sport and Physical Activity (NASPSPA) annual conference was held from June 7- 9, 2012, at the Waikiki Beach Marriot Resort and Spa, in Honolulu, Hawaii. The purpose of the conference was for the gathering of sports and exercise psychology, motor learning and control professionals and students to share ideas and their research. Overall, the conference was an overwhelming success. The conference not only allowed for the meeting of other professionals in my area of study but to explore the state of Hawaii, its people and culture.



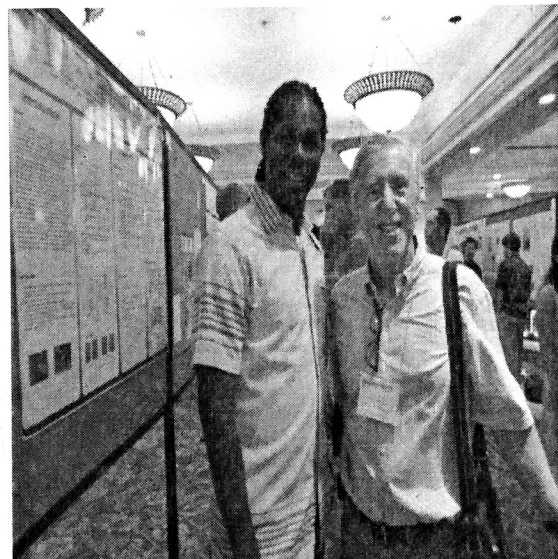
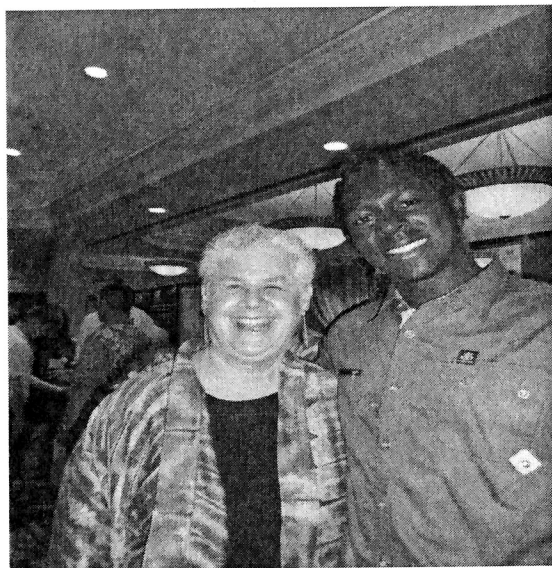
Exploring the town

On arrival at the Honolulu International Airport on the morning of June 2nd along with five other students from my department, we proceeded to our hotel via shuttle bus which was about half hour to forty five minutes drive. We checked in and proceeded to the popular Ala Moana Shopping Centre, where we got our first glimpse of Hawaii. The next four days were spent exploring Honolulu on bus by day and doing final preparations for my oral presentation at nights.



Conference Days (7- 9 June)

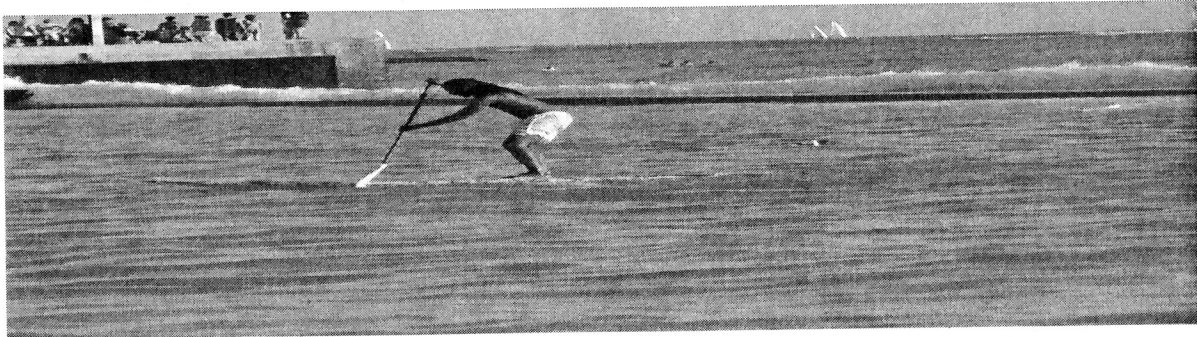
Since it was my first ever NASPSPA conference, my intention was to take in as many as the sessions as possible. Conference day one, I registered very early with little hassle and proceeded to the first symposium for Sport and Exercise Psychology (Automaticity and Physical Activity). This was followed by an inspirational lecture by Dr. Dale Ulrich, after which I headed for lunch. Returned for the afternoon session which started off with Sport and Exercise Psychology keynote speaker Kenneth Resnicom from the University of Michigan (Chaos, Reactance, Epiphany: The Role of Non linear Motivation in Physical Activity). This proved to be one of the best of the conference. The first day was topped off at the Waikiki Ballroom poster session one, where I met many students and saw interesting perspectives on various topics.



Poster sessions with Dr. Weiss and Dr. Ulrich

Day two was a little more selective in the sessions I attended. I started off at the Sport and Exercise Psychology symposium (Moral Disengagement in Sport and Beyond: The Gym, The Pitch and the Classroom). This was followed with the attendance of the poster session two and Motor Learning and Control verbal presentations. The day was rounded off with the student

social activity on the beach, where along with other students enjoyed games, and learned paddling. The activity allowed for much interaction between the students.



Learning something new

Day three was upon me and it started off with a Sport and Exercise Psychology symposium on the topic; Cheating in Sport: A Case Study and Panel Discussion. After which, I attended verbal presentations and a keynote by Vincent Walsh.

My presentation was fourth in a group of six presenters on a range of topics from motivation, passion to exercise dependence. The session was very well attended with close to one hundred listeners. My presentation went on smoothly lasting just about twelve and a half minutes. No questions were asked but a suggestion was offered. Based on the feedback from the attendees, my presentation was a very interesting investigation and was well presented.

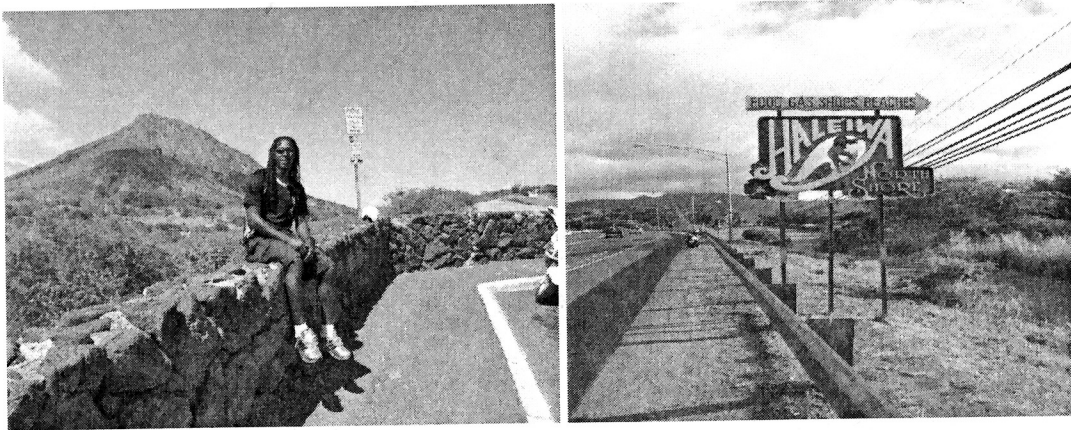


My Oral Presentation

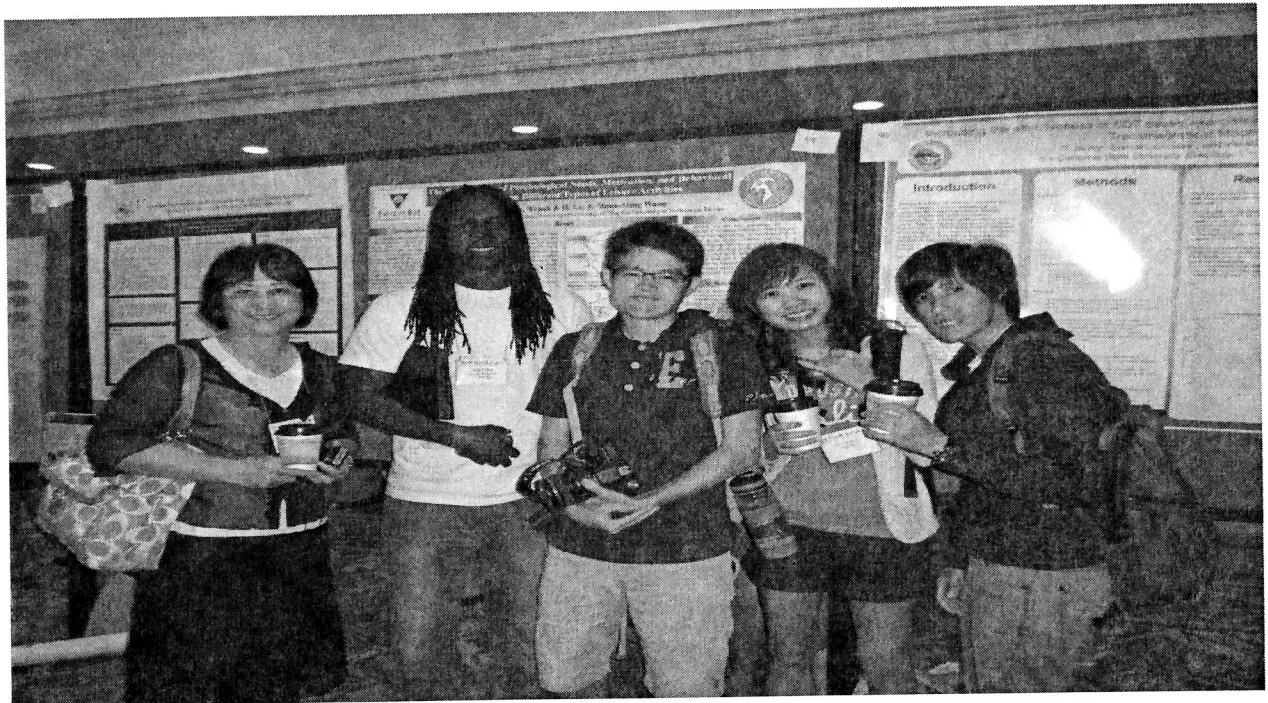
After my session I attended the final poster session, then the conference dinner and dance.

All in all the conference was very well attended, organized and proved to be very informative. Made many new friends and created networks in many countries including Brazil, Canada, Mexico, Japan, Scotland and the United States.

The remaining two days were spent exploring the island's west and north coasts, sightseeing and doing some shopping. Overall, I think the objectives of the trip were met and a lot was learned. Looking forward to the next NASPSA conference already.



Exploring the North Coast



Dr. Lu's Students at NASPSA 2012