

January 2007

ANNUAL REPORT 2006-2007
Sport & Exercise Psychology Section
Canadian Psychology Association

The Sport and Exercise Section includes members who are psychologists and psychology students working with athletes, coaches, parents, sports organizations, and/or other sport science professionals in clinical/counselling, research, and/or teaching/educational roles. We also have a number of sport science affiliates interested in this Section. We, the Sport & Exercise Section see a need to persevere in our group's activities and find a voice for psychologists and psychology students who have expressed an interest in sport and exercise psychology.

As continuing Chair since re-instating this group in 2005, I have spent a great deal of time familiarizing myself with the procedures, policies, and people in CPA. I have reviewed the past Section 12 documents and recruited past members from the section when it was last standing in 1991, including the past chair, Gerry Farthing, to stand in as a co-chair during these initial years. We will continue for as long as is needed to resurrect the Section. At this time of writing, we had 177 members. We elected to have no fee charged to members at this time due to the ongoing changes within section executive. We hope to have nominations for positions for this upcoming conference meeting. Following is a brief outline of activities since the Interest Group's official approval March 2006.

Conferences

- June 2006- 1st meeting with membership; met CPA board/sections

- October/November 2006
 - Sent out Call for abstracts & notice of conference via email and in person at other conferences
 - Reviewed abstracts for 2007 conference; 10 members volunteered for reviews.
 - Developed a collaborative Conversation Hour for 2007 conference regarding sport psychology programming.

- Current: preparing business meeting items for 2007 conference & preparing potential social events for sport psychology members presenting, as well as general membership.

Administration

- Website- developed own webpages to be included via the CPA website. Our communications officer Andrew Ling is managing this; some pages are still being developed.
- Communication- Intermittent email communications about recent developments with the Interest Group; members were also invited to participate on committees; a number of members expressed concerns around the practice of sport psychology, as well as their continued support towards section development.
 - Hope to have a formal newsletter composed, in addition to the usual email updates; a couple members expressed interest in volunteering for this.
- Development- Interest group has been included on the 2007 membership forms and via on-line conference abstract submission; new members have expressed interest with group's increasing awareness; formal Section application submitted for February 2007 CPA Board meeting.
- Governance- composed an interim board to address business matters on an as-needed basis; several members expressed interest in being a part of this; A call for formal executive positions was made with the intentions of securing positions by the 2007 conference; By-laws are in process, awaiting section status approval before submission.
- Membership- we increased our Interest Group members from 36 psychology members, 12 kinesiology and/or non-members to 122 in February 2007, to 177 current Section psychology members.

Major Ongoing Projects

- Programming/training/competency: We are working towards developing criteria and recommendations for sport psychology practitioners following the psychology-track route for eventually becoming psychologists or psychology associates with a sub-specialty in sport psychology. To this end we are generating dialogue from members and via the CPA conference to recommend additional coursework and/or training to meet competencies for the sport psychology area in conjunction with the usual standard licensing for regulated psychology members. Our conversation hour at the CPA conference will examine this and issues surrounding sport psychology practitioners. Several institutions have expressed interest in the inclusion of a program or certificate program for sport psychology. We would like to formalize a program guideline for institutions and communicate these recommendations with individuals wanting to become sport psychologists.
- CSPA/CPA alliance: We have been working hard to build bridges with an emerging Canadian Sport Psychology Association that governs individuals wishing to work with

athletes on various mental training capacities. This group includes a large portion of kinesiologists but does include some psychologists as well. We feel it is necessary to maintain good relationships with all practitioners in our area, and attempt to work collaboratively to offer the different routes to working with athletes within the wide scope of work that sport psychology offers. Our group will continue to focus on psychology-track practitioners who are following the route to becoming licensed professionals, while the CSPA is focusing on competencies for those not wishing to become psychologists but may still work within the limitations of teaching basic skills applicable to sport. Our group has made efforts to keep the CSPA apprised of our activities and attempt to generate collaborate projects that will benefit both the practitioners and wider community.

- Regulations/Ethical issues: We have been re-introduced to the long-term contentious issue regarding the communication of skills and credentials by non-psychologists. We have attempted to address the issue by gathering more information from a variety of sources: the regulators for psychology, mainstream psychologists, colleagues, and non-psychologists, but have yet to find a pro-active solution to ensuring that consumers are not harmed by any misrepresentation. Currently, only a reactive solution has been suggested to us, reporting at each incident, but this has not resolved a more than 30 year issue nor does it support alliances with qualified non-psychology professionals. We have also encouraged the CSPA to join us in a collaborative educational project that educates consumers in the sporting arena about the differences between psychologists and non-psychologists, in addition to educating further on the scope of practice for various levels of practitioners. We are waiting for a commitment but will most likely proceed independently to ensure that consumers are aware of all the services provided by those working in the area of sport psychology.
- In the future, and dependent on funds via membership and/or other sources, we would like to provide awards and recognitions for the work of many of our esteemed colleagues in Canada. We also hope to contribute to the conference activities in the future by suggesting keynotes and/or special speakers, the fun run, social events, and encouraging additional submissions in a number of different formats. With continued interest in members working on various committees, many of these items will be more easily managed.

End of Current Summary of Activities. Next formal meeting: June 2007.

Sincerely,

Tricia Orzeck, Chair
University of Calgary