

**2024 I Regional International Sport Conference, Sport  
Psychology and Performance.  
AASP – Sport and Wellbeing Institute  
Final Report**

The 2024 AASP Regional International Sport Conference was held on April 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>, 2024 at Andres Bello University in Santiago, Chile. The conference was hosted by Sport and Wellbeing Institute which belongs to the Faculty of Education and Social Sciences. This report will provide information regarding the conference.

**Conference Attendance: 115**

Students: 50

Alumni UNAB: 28

Professionals (Faculty and Non Faculty): 37

**Workshop Attendance: 29**

**Country: 3**

Argentina

Costa Rica

Chile

The First International Sports Congress: Sports Psychology and Performance was held in Santiago, Chile, promoted by the Sports and Wellbeing Institute of the Andrés Bello University, which had the support and sponsorship of the AASP. The objective was to generate instances to promote professional development and interdisciplinary reflection in the field of sport.

The program was designed and developed with the objective of giving a comprehensive view of sport, with emphasis on sport psychology that will take center stage as it is a transversal sport science that allows discussion and reflection applicable to all areas of sport performance.

Through the active reflection of the academic and applied aspects that are under permanent and interactive construction with society, this congress sought to open doors to spaces for the development of knowledge, nurturing the sports environment and its different actors. Trying to promote the development of knowledge in students and professionals, as well as connect world-class researchers and professionals, the best experts in applied work with leaders from different areas of performance.

For this, three renowned international guests were present: PhD. Daniel Gould, PhD. Alexandre García-Mas (University of the Balearic Islands) and PhD. David Peris del Campo (President of FEPD and Valencia University professor).

There were keynote talks, oral presentations, poster presentations and workshops that promoted the development of continuing education and showed the latest work trends, as well as research topics.

It began on April 17<sup>th</sup> with the offer of two workshops, one focused on applied sports psychology and the other on research, carried out by PhD. Daniel Gould and PhD. Alejandro García Mas respectively.

On April 18<sup>th</sup>, the congress itself began with the presence and words of the authorities of the Andres Bello University and Sports and Wellbeing Institute.

In the schedule you can see all the keynote talks offered and their topics, which covered applied aspects, research from sports psychology, ethics, history of women's sports, virtues and emotions from the philosophy and challenges of sport psychology.

Highlighting the presentations of Dr. Gould (“Coaching life skills” and “Inter Research Trends 2024”), as well as the presentation of Dr. García-Mas “Bright side versus Dark side in Sports Psychology” for the depth and experience shown. Dr. Peris-DelCampo's presentations were also very well received showing applied aspects and practical examples. Topics such as the historical journey of sports and women by Dra. Huidobro Dean of the Faculty of Education and Social Sciences, as well as the reflections on virtues and emotions by Dr. Cataldo, philosopher and 2022 emeritus professor award winner, caused great interest in the manner of approaching the topics.

Within the dynamics of the congress round tables were generated with the aim of generating a conversation over different topics such as: **Successful processes and the importance of sports psychology in their careers** (with the presence of Fernando González, tennis player ranked ATP # 5 and triple Olympic medalist winner, Luciana Aymar, once world number one in field hockey and Sergio Vigil, chosen as one of the best and most influential field hockey coaches in Latin America). Other tables were created: **The sport psychology associations of Chile** (PSIDEP, APCD and ACHPSD) round table that sought to expose different perspectives as well as meeting points and reflection; **Sports psychologists in non-traditional and emerging sports in Chile**: the aim was to expose psychological work in sports with less visibility and in which there can be great development; and the **Promotion of dual careers in sports**: in this round table we wanted to show the feasibility of dual careers and how the Andrés Bello University is a pioneer in it. With the participation of two outstanding athletes and the sports director of the institution.

All these round tables were moderated by different professionals to give the audience a comprehensive look.

The second day began with oral presentations, a fundamental activity of this event. There were ten researchers present, some with experience and others who were just starting out which was very enriching for the event and its attendees.

An important time was given to the Executive Director of the recent Pan American Games held in Santiago (Santiago, 2023) Sr. Harold Mayne-Nicholls who presented a complete report on the extraordinary sport event and its legacy for the country. As the highest authority of this event he caused great interest from the audience and raised the level of importance to this conference.

The Sports and Wellbeing Institute decided to create an award that reflects not only an outstanding professional impact but also values that have to do with the contribution to others. We have called this distinction Olympia for two reasons: first, the values of Olympism (Excellence, Friendship and Respect) and second, to visualize the Olympic flame that should remind us that the light is to illuminate and not to be hidden. To illuminate means to deliver light putting oneself at the service of others.

In this first version, PhD. Alexandre García Mas was named the recipient of the **Olympia 2024 Distinction** who has had a leading role in the development of sports psychology in Chile and Latin America.

The congress offered a Social Networking activity so attendees could interact and generate networks with each others.

Finally, an evaluation and satisfaction survey was carried out, which yielded the following information:

- Regarding the relevance evaluation of what was presented by the international keynote speakers more than 75% agrees that they were very relevant.
- About the round tables, the one on **“Psychological and ethical aspects in working with athletes and interdisciplinary teams”** obtained 73,3% between very relevant and relevant. On the other hand 100% found **“Successful processes and the importance of sports psychology in their careers”** as relevant and very relevant. The table of **“Chilean sports psychology associations”** obtained 85% between relevant and very relevant. The table of **“Psychologists in non-traditional and emerging sports in Chile”**, 86% responded between relevant and very relevant. And finally the round table on **“Existence of the dual career”** 87% of those who responded found it to be relevant and very relevant.
- In relation to the conference **“Women in sports: history of construction and deconstruction”** 80% of those surveyed answered between relevant and very relevant.
- Of the Pan American and Parapan American Games conference, 93% responded between relevant and very relevant.
- The other conferences were answered above 80% in terms of relevant and very relevant
- In the evaluation of the general experience:
  - 86% consider that they are between very satisfied and satisfied
  - 56.3% consider the organization very adequate in terms of the schedule of the days and 31.3% consider it adequate.
  - Regarding the facilities and amenities of the physical place, 87.1% considered it very adequate
  - Regarding how they found out about the congress, 37.5% say that it was through the University's social networks, 31.3% through other social networks and 21.9% through e-mail.

Among the qualitative responses, the following stand out: the good approach to the topics, the methodologies used, the foreign guests, the desire for these instances to remain, request for more time for oral presentations, the possibility of sharing with expert professionals from other realities. and other countries.

### Conference Expenses and Budget

Below are the costs for this event and the budget:

ítem	Expenses (USD)
Plane tickets	\$3,902
Accommodations	\$2,702
Guest Feeding	\$912
Conference lunches	\$648
Coffee Break	\$571
Credentials	\$176
Award	\$40
Social Networking	\$649
Translator	\$436
Transfers	\$164
<b>Total</b>	<b>\$10,200</b>

Income	
Registration Fees	\$2,288
AASP Regional Grant	\$500
Vice-rector communications contest funds	\$2,942
Sport and Wellbeing Institute budget	\$2,353
Education and Social Science Faculty	\$2,117
<b>Total</b>	<b>\$10,200</b>

In conclusion, it can be said that there are many learnings to improve this milestone within Chile, however, according to the perceptions collected and the feelings of the team, there is satisfaction with the work done in favour of the development of areas such as sports psychology in particular and sports in general. Alliances and support such as the one granted by the AASP undoubtedly gives greater prominence and notoriety to the event. The Sport and Wellbeing Institute, as well as the Andrés Bello University are filled with pride and desire for the next version.