

Contributions from Applied Sport Psychology

Aims

Contributions from Applied Sport Psychology is primarily intended to promote the exchange of scientifically reflected and sound practice between persons who are active in the fields of applied sport psychology. Furthermore, the practice contributions should also promote communication between research and application and foster the exchange of theory–practice transfer between persons who (tend to) apply and persons who (tend to) research. Finally, the contributions should also lead to fields of action of sport psychology and contribute to professionalization by being used in education and training.

Formal requirements

Papers in Contributions from Applied Sport Psychology are usually 36,000 characters in total (including spaces, tables, figures, and literature). They include a short abstract (approx. 100–150 words), a bibliography, and a brief description of the corresponding author and the field of work or activities (50–80 words).

Fundamental aspects

Regardless of the form chosen, a paper considers the following basic aspects:

- Direct reference to the practice of sport psychology.
The contribution relates directly to practical sport psychology activities and contains, for example, illustrative descriptions of sport psychology exercises, programs, or concepts that can be applied in practice, or directly stimulates their reflection and discussion.
- Embedding
The contribution, for example, the presentation of a case (see forms of contributions), is recognizably embedded in a framework – usually theoretically founded and, at best, empirically investigated (e.g., proven in previous study reports). This framework and the embedding are presented in the article.
- Grounding
Actions, recommendations, and conclusions are justified and the respective foundations are referred to in a concrete and comprehensible way.
- Reflection
The article encourages a reflective practice. In particular, suggestions and assistance are given as to how readers can apply the findings from the article to their own sport psychology practice. In addition, the limitations of the presented approach are critically reflected upon.

Suggestions for contribution forms

Case presentation

The goal of a case presentation is to convey concrete sport psychological action in such a way that readers can derive generalizable insights from it, for example, for their own practice or about working in the field of action. For this purpose, the characteristics of a person or a group are usually presented anonymously and the sport psychological action is presented concretely, placed in a (theoretical) framework, and suggestions for the transfer and generalization of the findings are given.

Method / Sport psychological toolbox

This form of contribution has the particular aim of supporting those active in applied sport psychology with less experience in the respective field to become acquainted with both established and innovative forms of practice in a subject area. In the long run, the methods could be incorporated as a collection into a sport psychology practical "toolbox."

In this form of contribution, experienced sports psychologists from coaching practice can explain their typical, concrete approach in certain subject areas (e.g., goal setting training, interventions on competition anxiety, mindfulness interventions, etc.). Typical support steps and program procedures can be outlined and important exercises can be explained exemplarily and in detail as part of the program (if necessary, also with photos, illustrations, graphics). The exercises should be illustrated in such a way that they can be used in one's own practice after a short practice phase.

In addition, manuals or instructions for projects and interventions whose evaluation is or has already been published elsewhere as a scientific article can be presented in this form of contribution. Often the presentation of the concrete implementation is not possible in such a scientific article and therefore better accommodated here. The application and concrete instructions for the evaluation of diagnostic methods in practice can also be presented here.

Concept

With this form of contribution an exchange about structured, and beyond the individual case, sport psychological action takes place.

Concepts are therefore rather abstract and detached from the individual case or the individual method. This form of contribution is well suited for the presentation of support concepts, for example, in federations or performance centers. An overview of methods or interventions in an area of application can also be given, or guidelines for diagnostics and intervention can be presented.

Reflection

Contributions in this form encourage (critical) reflection on one's own actions in the application field of sports psychology.

For example, approaches, working methods or "philosophies" can be presented and critically discussed. Likewise, (established) methods, interventions and approaches can be critically discussed and questioned from the application perspective. More general reflections on theory-practice transfer and stronger links between theory and practice can also be made. Finally, contributions that focus on professional action as a whole (e.g. ethical aspects, training concepts) are welcome.