

Media Release

For immediate release
12 August 2005

Promoting Health & Performance for Life

ISSP 11th World Congress of Sport Psychology
15 - 19 August 2005
Sydney, Australia

Do we really understand the mindset of a champion? What makes our top athletes tick? What can business learn from sport?

The 11th World Congress of Sport Psychology to be held this month from 15 - 19 August 2005 at the Convention Centre in Darling Harbour, Sydney will help answer these and many other questions about sport and psychology.

The congress will bring together people from all round the world interested in sport and exercise psychology and related areas, such as health, performance arts, and life coaching, with special reference to the promotion of health and performance across people's lives.

Keynote presentations will include topics such as:

- Mental toughness as a major psychological factor associated with achieving excellence in sport.
- Understanding how to effectively increase physical activity level in the population.
- Skill acquisition.
- The relationship between exercise and reduction of anxiety and depression.
- The mindset of a champion.

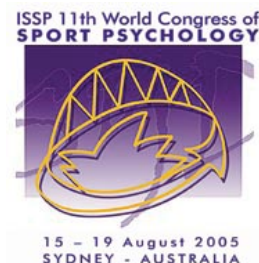
Keynote Speakers are:

- Dr Carol S Dweck - Stanford University, California, USA
- Dr Franz Mechsner - University of Dortmund, Germany
- Dr Sandy Gordon - The University of Western Australia, Australia
- Dr Nanette Mutrie - Strathclyde University, Scotland
- Dr Brad Hatfield - University of Maryland at College Park, USA
- Dr Karl Newell - Penn State University, USA
- Dr Dan Landers - Arizona State University, USA
- Dr Ken Ravizza - California State University, USA

Other themes within the congress will focus on sport and ageing, passion in sport, motivation, team building, alcohol and sport and parents and sport.

A full program is available at www.issp2005.com

For further information about the congress, to register for a media pass to attend or to arrange an interview please contact Peter Terry on 0408 007 265



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MEDIA ENQUIRIES:

Please direct all Media queries to Peter Terry on 0408 007 265



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