

## **An Introduction to the Special Issue for the 50<sup>th</sup> anniversary of FEPSAC**

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We both wanted PSE, being the official publication of FEPSAC, to celebrate this important 50th FEPSAC anniversary by publishing a special issue, just prior to the FEPSAC Congress in July 2019 (Muenster, Germany). In this special issue we have included 17 reviews (plus an Editorial by both of us, see Strauss, & Ntoumanis, 2019, and a Preface written by the FEPSAC Managing Council; see Elbe et al., 2019 as well as this introduction) based on some influential topics in sport and exercise psychology, led by invited leading scholars. In each review, the contributors provided a critical update on progress made to date on key issues in their reviewed area, and offer useful suggestions for future research. Where possible and relevant, research carried out in Europe (irrespective of the nationality of the researchers) is highlighted in these reviews. Every article has been peer-reviewed by external expert reviewers, as all regular submissions to PSE.

Three submissions in this special issue are concerned with some key factors determining expertise in athletes. Moran, Campbell, and Toner (2019) discuss cognitive mechanisms and focus on the role of motor imagery, flow, and “clutch” states as well as on the “quiet eye”. Their selective narrative review concludes that the mechanisms underpinning sport expertise reflect both task-specific and universal cognitive processes. Williams, and Jackson (2019) provide an overview of about 50 years of research on anticipation skill of athletes. Their review focuses on how various perceptual-cognitive skills are used in a dynamic and interactive fashion to facilitate anticipation. Williams and Jackson also discuss how the importance of such skills varies as a function of athletes’ levels of anxiety and fatigue. Finally, Raab, Bar-Eli, Plessner, and Araujo (2019) review central findings related to judgment and decision making processes in sport. Their review draws from the most influential perspectives in this field, such as the economical, social cognition, ecological dynamics, and cognitive approaches.

Four submissions are related to social psychological aspects of sport and exercise. Kavussanu (2019) provides an overview of transgressive behaviours in sport, particularly,

antisocial behavior, aggression, cheating, and doping. Kavussanu reviews situational and personality predictors, as well as the consequences of such behaviours. Eys, Bruner, and Martin (2019) focus on group dynamics and the importance of group settings for promoting physical activity and sport participation. Critical issues such as the group environment, team roles, leadership, and group cohesion are highlighted in this review. Sabiston, Pila, Vani, and Thøgersen-Ntoumani (2019) undertook a scoping review of body image research in the sport and physical activity. The results of this review showed that sport and physical activity participation were positively related to positive body image. Negative body image was identified as a barrier to participation. Sabiston et al. also indicated that there was lack of empirical evidence on reciprocal associations between physical activity, sport, and body image. Schinke, Blodgett, Ryba, Kao, and Middleton (2019) present a broad review of perspectives on athlete identity, drawing from the Cultural Sport Psychology approach. Their review focuses on gender, race, and ethnicity in sport, as well as the intersectionality of identity and acculturation.

Three further submissions are related to the support for athletes at different stages in their development. Harwood, Knight, Thrower, and Berrow (2019) review studies on the influence of parental involvement on the experiences and psychosocial development of young athletes. In doing so, they draw from sport-based positive youth development and life skills literatures. Harwood et al. provide recommendations for researchers and practitioners to support the development of positive parental practices in sport. Stambulova and Wylleman (2019) focus on dual career approaches to support athletes in their sport career as well during their education at school, university or work. Their review positions current research on dual career within the athlete career sport psychology discourse and identifies several gaps and possibilities for future research (e.g., dual career “costs”, dual career development environments). Wylleman (2019) reviews the role of sport psychology organisations and elite sport organisations on the development of applied sport psychology practitioners. Wylleman also provides

recommendations on how these organisations can support the development of applied sport psychologists and the services they offer.

Three submissions are concerned with behaviour change. Rhodes, McEwan, and Rebar (2019), provide a broad overview of four theoretical frameworks (social cognitive, humanistic, dual process, socioecological) that have been applied to understand and support physical activity promotion. Rhodes et al. argue that the social cognitive framework (e.g., theory of planned behaviour, the transtheoretical model, social cognitive theory) has been the dominant framework in the physical activity literature, with the dual process framework being the most recent and least studied. Rhodes et al. make a case for new integrated models that draw constructs from different theoretical approaches to provide a more comprehensive understanding of physical activity promotion. Beauchamp, Crawford, and Jackson (2019) critically review the application of social cognitive theory in the physical activity domain and highlight aspects of the theory that have not been extensively researched. Beauchamp et al. discuss five major critiques of the theory and identify opportunities for theory refinement via future research. Hagger's (2019) review focuses on theory and empirical evidence regarding the role of habits for supporting long-term behaviour change, including physical activity maintenance. Hagger addresses the frequently asked question of whether physical activity behaviour can be habitual, highlights ways in which habits for physical activity can be developed via interventions, and identifies opportunities for future research in this area.

Two further reviews in this special issue focus on the role of affect and well-being in physical activity settings. Ekkekakis and Brand (2019) review 50 years of research on affective experiences during exercise and how these predict individuals' responses for future exercise and physical activity engagement. The authors highlight research evidence regarding the considerable interindividual variability in the dose-response relation between exercise intensity and (positive and negative) affective responses. Ekkekakis and Brand discuss how integrative

dual process models can help to understand physical activity engagement (or lack of), via the interaction of automatic (e.g., past affective experiences) and deliberative cognitive mechanisms. The second review on affect, as well as more broadly on mental health and well-being, is by Araújo, Brymer, Brito, Withagen, and Davids (2019). These authors centre their review on physical activity performed in nature. Using an ecological dynamics perspective, they explain how and why green exercise and physical activity confer unique benefits compared to similar activities in urban/manufactured environments.

Two reviews of the special issue adopt a developmental perspective. Biddle, Ciaccioni, Thomas, and Vergeer (2019) provide an updated review of systematic reviews and meta-analyses concerning physical activity and mental health in children and adolescents. Biddle et al. identify an increased volume in empirical investigations of the relations between physical activity, depression, self-esteem, and cognitive functioning. In terms of causal links amongst these constructs, Biddle et al. conclude that there is evidence for a causal association between physical activity and cognitive functioning in young people, whereas the causal evidence is partial for the association between physical activity and depression, and non-existent for the association between physical activity and self-esteem. Etnier, Drollette, and Slutsky (2019) also review the evidence on the effects of physical activity on cognitive functioning, but in older adults. Their review focused on studies that had behavioural and neuroimaging outcomes. Similar to Biddle et al.'s review, Etnier et al. found some causal evidence for the beneficial effects of physical activity in terms of cognitive functioning, including reductions in clinical cognitive impairment and total and regional brain volume.

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