

# THE SPORTING MIND

The newsletter of the [APS College of Sport Psychologists](#)



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## From the Editors

Welcome to our third volume of *The Sporting Mind*! Many thanks to all who have contributed! The range of articles has grown with every issue, and this one is no exception. We think you will find it both informative and stimulating. We introduce a new section: *Letters to the Editor* that we hope will generate further dialogue in response to TSM content. Jeffrey Bond's article *The Pedestal Syndrome* reflects on the extent of deviance among professional athletes. Brings to mind the age-old question whether participation in sport develops character or characters?! It is something that we as a profession ought to consider taking a position on. Sledging may be another we ought to address given the increased attention in the media and athletes voicing concerns about it. As one esteemed colleague remarked: He would likely engage in the behaviour himself, given the opportunity, but considers it *cheating* from a professional standpoint.

Reports from Peter Terry and Tony Morris highlight past events and upcoming activities of the college that affect all of the membership. The success of CoSP ventures and the ISSP World Congress depend on your participation. We encourage all to get involved!

Happy reading! And keep sending us your comments and feedback!

## The Editorial Team



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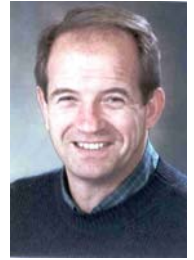
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# Message from the Chair

*by Peter Terry*

University of Southern Queensland



Fellow CoSP members, welcome to our first newsletter of 2004.

Now that the issue of the name of the College has been put to bed, at least for the time being, I would like us to focus on other issues for the immediate future.

In case you hadn't heard, the ISSP World Congress of Sport Psychology is to be hosted in the southern hemisphere for the first time, in Sydney during August 2005. This prestigious event is now beginning to loom large on the professional horizon and will be with us in no time. The congress will provide a great opportunity for Australians to showcase their expertise in sport and exercise psychology and, under the dual leadership of Tony Morris and Lydia levleva, I hope that all CoSP members will play a full part in making the event a huge success.

Perhaps the most significant news in the past few months has been the wind of change blowing through the Australian Institute of Sport. The departure of Jeffrey Bond as Head of Psychology after more than two decades signals a new era at our national institute. I would like to publicly pay tribute to Jeffrey for his immense contribution to sport psychology, both domestically and internationally. He will be a hard act to follow. As many of you will already know, Michael Martin has switched from NSWIS to become Manager of Performance Psychology at the AIS. I wish him well in his new role, and like all CoSP members, will follow with interest the new developments in Canberra. Given the demands of his new position, Michael has resigned as National Secretary of CoSP. I thank him for his efforts in this role over the past year and also express my gratitude to Lydia levleva, who has very kindly agreed to act as Secretary until the term of office ends in October 2004.

Now that we have a new Student Representative on the College Executive, in the form of Sam Albassit from UWS, I hope that we will be successful in bringing more student-oriented initiatives to our meetings, and indeed, will continue to recruit more student members to our fold. If you know of any students out there taking a specialist postgraduate program in sport and exercise psychology who are already members of APS, but have not yet joined CoSP as student members, please encourage them to join - especially as it's free.

Sad news from Victoria. With no one willing to stand for a position on the State Executive of CoSP, the Victorian branch of the College has gone into abeyance. This is a very disappointing situation that I trust can be rectified in the near future. With one of the largest contingents of members in the country, I am hoping that one of our members from Victoria will put a hand up to resurrect things down south.

On the Professional Development front, I hope that we will manage to hold more PD activities at both national and state levels during 2004. One important initiative for this year is the College theme day that will form part of the APS Annual Conference, to be held in Sydney 29 Sep – 3 Oct. The theme day is tentatively scheduled for Friday 1st October. Jeff Bond will be delivering the keynote address, in the form of a retrospective on lessons learned during his long and distinguished career at the AIS. Other invited speakers on the day include Sue Jackson, Lydia levleva, Tony Morris and myself. The

afternoon session will include a debate of the motion Sport Psychology must Diversify or Disappear, to be chaired by John Gross and featuring Michael Martin. A CoSP Executive meeting, the 2004 College AGM, and an informal dinner will follow the debate. I would encourage all College members to make every effort to attend the day.

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## **ISSP XIth World Congress ~ Sydney 2005**

### **World Congress Report: The Countdown Continues**

***by Tony Morris***

Chair, ISSP World Congress Organizing Committee  
Victoria University

Our World Congress is approaching at a rapid rate. At the time of writing, it is less than 17 months until that time in August 2005, when we will be greeting and welcoming to Sydney the largest, most prestigious gathering of sport and exercise psychologists ever to visit Australia! Let me bring you up to date with preparations.

First, it is very important for everyone to note down the address of the Sydney 2005 World Congress web site. We aim to circulate major documents on paper. Nevertheless, the web site will be the most comprehensive and up-to-date source of information, the most straightforward route to submit papers, to register, to book hotel rooms and so on. The web site address is: [www.issp2005.com](http://www.issp2005.com)

Next, our venue is undergoing final confirmation as I write. We will be at the Sydney Convention Centre. We won't fill that venue! Far from it, but we will have all the space we need and we'll be in that fabulous location for the harbour, the restaurants, the hotels and most other things people might want! Colleagues from our excellent congress organiser, Tour Hosts, are booking the space right now.

Our program is being finalised. We will start on the 14<sup>th</sup> of August with registration and the Opening Ceremony. Presentations will commence in earnest on the 15<sup>th</sup> and for four days the program will involve a mixture of keynote presentations, concurrent symposia and free papers, and poster sessions at prominent times and locations. For those who have been to previous ISSP World Congresses and similar events, this is a tried and trusted formula, which is why we will follow it very much as in the past. We have eight keynotes, all eminent colleagues from a range of areas within the broad spectrum of sport and exercise psychology. Thus, there will be a keynote presentation each morning and another each afternoon on the four full days (15<sup>th</sup> to 18<sup>th</sup>). There will also be opportunities to meet the keynotes.

Importantly for us, the call for papers is about to go out. Again, you will be able to see this first on the web site, but hard copies will also be circulated. This is a great opportunity for us to showcase to the world Australian research and practice in sport and exercise psychology. For many years Australians lamented the distances they had to travel (and the costs) to be part of the world of sport psychology. More recently, many Australian colleagues have made the supreme effort to attend the major events in our field, whether it was the world congresses in Lisbon, Israel, and Greece or AAASP conferences around North America. It has been great to see Australia up among the top five countries in terms of delegates and ahead of many much larger countries (from Europe in particular) at world congresses,

which have all been held in Europe! This time we are on home ground. We don't have to pay those huge air fares for once. So, let's show the world just what we can do, not only in terms of attendance, but also by submitting a large quantity of high quality papers and posters. Please look out for the call for papers and get yours in good and early.

At the start of this report, I referred to "our" World Congress. The Organising Committee's aim is for this event to belong to all of us. We want everyone in Australia, who is interested in sport and exercise psychology, to be part of the preparation for and the hosting of this great event. One way in which you can do this is by showing your support in terms of attendance and presentation. Another is by talking to anyone who might be interested in the World Congress, whether they are from Los Angeles or Launceston, and encouraging them to come to Sydney 2005, and to present their work at the Congress. Keep telling everyone you know, until the only way they can shut you up is to say, "I've sent in my paper and paid my registration"!

With our colleagues at Tour Hosts, we are currently looking at sponsorship and the trade exhibition. Much as we hate to think about it, money is always a factor in an event like this. The more money we can attract from sponsors and the larger the number of companies we can attract to the trade exhibition, the more we can add exciting "delicacies" to the Congress. You can help here too. Please contact Lydia Ilevleva (Congress Executive Director), or Tony Morris (Organising Committee Chair), if you have contacts with any organisations that you think might sponsor a part of the Congress. We have a whole list of different kinds of sponsorship to suit many levels of commitment. Similarly, if you know of any businesses or agencies that might value the opportunities provided by having a booth at the trade exhibition, let us know. Every sponsor and every trade exhibitor we add makes for a bigger and more interesting event.

Once we have circulated the call for papers, I will be contacting many of you to participate in the review process for acceptance of papers. Regarding this aspect of the Congress preparations, we have the usual conundrum to solve. On the one hand, we want to leave the deadline for submission *as late as possible*, so we can attract the maximum number of submissions. On the other, we want to tell people the outcome of their submissions *early enough* for them to get their leave and financial support worked out, and for them to do all their trip planning. We also want people to be in a position to take advantage of the early bird registration. Anticipating that we will receive the flood of submissions we hope for (and that many will probably come in at the last minute), we need a quick turn around. This would not be possible, if a small number of colleagues were to be responsible for all the reviewing. All of you who are involved in the reviewing process will be briefed well in advance. Then you will each receive a small batch of papers to review, with a short time line. Please commit to this critical process, when I ask you.

Our aim is to involve you in making the ISSP World Congress, Sydney 2005, an outstanding event for everyone. Join us and let's make it our goal to show the rest of the world what we already know: in sport and exercise psychology we are the tops!

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## Letters to the Editor

### Why mess with something that works?

#### A Comment from the field on CoSP Name Change Debate

I don't think changing the college name would be a wise move! Employment opportunities are what you make them and why mess with something that is established and works ... I'm not a CoSP member, hence not fully conversant with the field but the current name means something to me – as I am sure it does to most outsiders (e.g., APS membership other than CoSP, general public). Adding 'exercise' would make it 'wishy-washy' and 'performance' would be too vague. So, if your college values consistency of its public image, a change of name is unlikely to help its cause.

**Neroli Sawyer, Honours Student & Statistics Instructor, University of Ballarat**

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### A Thankyou to the College Executive

On behalf of the CoSP Membership I would like to congratulate the College Executive on the way in which they conducted the debate concerning the proposed name change and then responded to the views of the Members. Obviously a name change for the College is a complex and for some an emotional issue and will require a great deal of thought and debate if it is to be on the agenda again in the future. There are many issues to be considered, including those associated with media/public image, position titles within various institutions and within the sporting industry, membership criteria for the College, course accreditation and so on. The future debate will be very interesting.

**Jeffrey Bond, Lane4 Australasia**

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### Comments on Jeff Bond's article on "The Marginalisation" in TSM 2003 (2)

Reading Jeffrey Bond's article on the marginalisation of sport psychology in the last issue of The Sporting Mind, and particularly his call for an annual sport psychology workshop, brought back swift and unexpected memories of my job in England a few years ago. As a full-time psychologist to the English Hockey Association for 2 years, I was fortunate enough to be the hockey representative to the British Olympic Association's Psychology Advisory Group. This group included representative psychologists from many Olympic sports within the UK, and was my introduction to our esteemed chair Peter Terry! The BOA PAG met at least once a year (and in some years 3-4 times) for a peer-based professional development weekend. These weekends proved to be some of the highlights of my working life in the UK, and provided a rich tapestry of information, networking, peer support and enlightenment. I firmly believe that Australian sport psychology can only benefit from instigating a similar system. I would hope that the SIS/SAS network and other employers would see the absolute need and benefit of such an undertaking. While the NESCS\* conference allows some of us to get together, I believe there is scope for a more focused gathering of a greater number of sport psychology professionals. I offer my support for and endorsement of this concept, and would be happy to assist in an organisational role. I challenge all of The Sporting Mind readers to get behind this type of proactive, practical solution and to prioritise your attendance at such events.

#### **Michelle Paccagnella, ACT Academy of Sport**

\* NESCS is National Elite Sports Council that involves service providers from the AIS/SIS/SAS network getting together for an annual meeting to discuss the sports we all work with.

# Australian Conference of Science and Medicine in Sport

## *Hot Topics from the Red Centre*

### 7-9 October 2004, Alice Springs



**by Stephanie Hanrahan**  
University of Queensland

This year the annual SMA conference is being held in Alice Springs in the Northern Territory. The conference is jointly organized by representatives from sports medicine, sport and exercise science, physiotherapy, podiatry, nutrition, and psychology! Emphasis this year is being placed on multidisciplinary sessions. Topics include:

- Acute and chronic responses to exercise in the heat
- Sports medicine in rural and remote locations
- Physical activity and chronic disease
- Sports injury: What do we know, and what can we do?
- Lessons from the summer Olympics

Bruce Abernethy will be one of the keynote speakers with a presentation on “How do they make it look so easy? Practice, skill learning and sports development from an expertise perspective”. Abstracts are due 19 March. See the conference website [www.sma.org.au/acsms/2004/](http://www.sma.org.au/acsms/2004/) for more information. You save \$60 if you register before 30 July, and you save an additional \$100 just by being a member of COSP! In addition to CoSP members receiving a registration discount, any profits of the conference are also divided amongst the discipline groups that support it (based on the number of members who attend).

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## The Pedestal Syndrome:

### Why do some elite athletes behave inappropriately off the field and why do they sometimes repeat the unacceptable behaviour?

**by Jeffrey Bond\***  
Lane4 Australasia



The answer is complex and involves a number of factors; some associated with the athletes, some with the sport and some with the public and media adulation of elite athletes and other celebrities. The term *Pedestal Syndrome* was coined to summarize the various contributing factors.

**The elite athlete:** psychological profiling of elite athletes consistently finds several characteristics that might lead to instances of unacceptable off-field behaviour. Elite male athletes are often very self-centred, highly competitive, manipulative in order to achieve specific goals, anti-authority, impulsive and aggressive. These characteristics are sought after by some sports and further developed through specific training regimes. Some of these characteristics are also typical of some personality disorders. Add a post-game social environment, an encouraging peer group, and the influence of disinhibiting drugs (alcohol and/or party drugs), and we find a recipe for criminal and other types of anti-social behaviour. Many of today's young professional athletes are away from the stabilizing influence of the



family, they are paid very large salaries and they have time around training sessions in which to be bored or to be used for gambling or socialising.

**The Sport:** contact and other highly competitive team sports are characterized by training regimes that are specifically designed to develop explosive power, competitiveness and aggression, and a wide range of supplements are taken by athletes to enhance their competitiveness. Complex sub-cultures exist where team 'bonding' (cohesiveness) often in the presence of alcohol are highly desired. Sometimes the outcome is akin to 'gang' behaviour. We are often reminded by sporting administrators and athletes that what happens on the field or on tour should stay on the field or tour. Various sports seem to have a culture where women are seen as 'playthings' or objects for gratification. Attractive young women are used in sport and alcohol advertising, they are encouraged to be cheerleaders, and they appear to be treated inappropriately by some sporting television shows. In some cases, women are treated like trophies. Sporting clubs sometimes go to extreme lengths to keep the antics of their players out of the media and will spend inordinate amounts of money defending players brought before the courts. They presumably do this because they want their reputation protected, they want to hang onto their sponsors and above all they want the player to help them win the next game. Of course the players know that their club will vigorously defend them when the time comes.

**The Public and Media:** Australians admire their sporting 'heroes'. We award them as Australians of the Year, and we fill the media with stories about their on-field exploits, their injuries, their private lives, their upcoming move to another club, etc. The very same 'groupie' syndrome that became popularised years ago in the pop music industry is alive and well today in elite sport. We place elite athletes on a very high pedestal, and we forgive them all too easily when they transgress.

The end result of this combination of factors I have labelled the Pedestal Syndrome is the repetitive reporting in the media of one unsavoury incident after another. We are probably only hearing about the few incidents that represent the 'tip of the iceberg'. Most of the anti-social behaviour is covered up and not reported. What should happen to improve the current situation?

Most recent statements by sporting clubs and national sport bodies seem to focus more or less on penalties and punishments. We hear about curfews, security guard chaperones, financial penalties, playing bans, etc. The research on punishment clearly shows that it is a relatively ineffective way to achieve permanent change in behaviour and attitudes. Surely the approach must be focussed on changing the culture within which these attitudes and behaviours appear to be nourished and reinforced? Preventative programs must be focussed at the three levels outlined above (the athletes, the sport and the public/media). Prevention is always going to be better than searching for a cure. There has been very little done in this country to develop role model training/awareness programs for elite athletes. Karl Malone, the highly regarded veteran American NBA basketballer recently stated: "the question is not whether or not athletes should be role models, the issue is what *kind* of role model they might be". Elite sporting clubs and national sporting bodies must do more than look at their codes of conduct; they must address the issue of re-defining the sub-culture in their sport. As a country we must continue to question why we place elite athletes on such a high pedestal. Surely there are many other achievers in our society who contribute in more meaningful ways than mere entertainment.

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\*Jeffrey Bond was Head of the Sport Psychology Department at the Australian Institute of Sport for 22 years and is now a Director of Lane4 Australasia, an organization using the positive lessons from elite sport to develop training programs for the corporate community. More from Jeffrey below – see *A Change May be Better Than a Holiday*.

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# Inviting Sport Psychology Change and Innovation: Steve Christensen's RSVP

*by Steve Christensen*

University of Southern Queensland

The Australian Sports Commission has invited change and innovation in Australian sport psychology, particularly at the Australian Institute of Sport, through three actions in 2003. The Benchmarking process, Audit Report, and recent advertisement of the Head of Department position have aimed to introduce change, innovation, and entrepreneurial action to AIS Sport Psychology. As the centrepiece of Australian sport psychology, change at the AIS Psychology Department stimulates change throughout the sport psychology community in Australia.

While there is much that can be said about these actions, I want to make one comment about the nature of change, innovation, and entrepreneurial activity. And répondez s'il vous plaît (RSVP) to this invitation for change. For simplicity and succinctness, I'll put this comment forward in three parts.

Psychology is a young science, and adolescent-like when compared to the well developed sciences like physics, chemistry and biology (Rozin, 2001). As such, sport psychology as an applied science, is less developed than applications of physics, chemistry and biology to sport – commonly labelled as the sport sciences, biomechanics, physiology, nutrition, and biochemistry. While our conceptual understanding of human behaviour has advanced, it is still limited, and more descriptive studies, debate and theorising are needed (Rozin, 2001).

Much of our current sport psychology knowledge is derived from research that uses: (i) perceptual-cognitive theories and frameworks, (ii) questionnaires or interviews that restrict naturally occurring discourse, and (iii) treats language as a relatively transparent medium, usually to the inner workings of the brain. This epistemological orientation dominates our teaching, research, and applied work. Further the nature of sport psychology knowledge, cognition and reality is rarely discussed. Alternative conceptual approaches and interpretations of memory, emotions, and attributions are rarely displayed in the mainstream sport psychology literature. In fact, some sport psychology students and colleagues would be surprised to hear that plausible alternative explanations for psychological states and processes exist.

And finally, our avenues for change, innovation, and entrepreneurial activity are limited. To use Julian Rappaport's (1977) categorisations of conceptual, technical, and service delivery to divide sport psychology into three domains, if our conceptualisation of sport psychology is fixed, rarely questioned, and dominated by perceptual-cognitivism, then we can only change or innovate the techniques and tools (e.g., questionnaires, intake interview protocols, relaxation and imagery scripts, etc.) that we use and the services delivery methods (e.g., PST workshops and workbooks, internet sites, audio-visual resources, etc.) that bring us into contact with athletes and coaches.

The central point in this short text is that our response to the Australian Sport Commission's invitation for change, innovation and entrepreneurial activity is simply to offer 'old wine in a shiny new bottle'. In my view, any substantial change needs to include consideration and discussion of our conceptual foundations and frameworks to accompany, and further stimulate, technical innovation and entrepreneurial service delivery methods.



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## A Change May be Better Than a Holiday

**by Jeffrey Bond**

Lane 4 Australasia



On February 14, 2004 I departed the AIS after 22 years as Head of the Sport Psychology Department. I decided that the direction the AIS administration wanted to take the program was not one I agreed with, so I have moved on to other challenges. I have taken a position as a Director of Lane4 Management Group Australasia and will be taking the many things I have learned from my elite sport experiences to the corporate world. Lane4 Management Group UK Ltd began operations 10 years ago under the leadership of Adrian Morehouse (one of the UK's most well-known athletes having won two Olympic and several World Championship gold medals in swimming) and Graham Jones (international acclaimed sport psychologist originally based at Loughborough University). The company now employs 40 people and provides ongoing workshops, 1:1 coaching and resources to many global companies. The Australasian portfolio I am now involved with will expand the business in Australia, New Zealand and South East Asia. At the moment I remain based in Canberra, but a move back to Victoria will occur in the next few months in order to establish our Lane4 Australasia head office in Melbourne.

As I look back over the past 22 years at the AIS, I have many fond memories and value what I have learned from elite coaches, athletes and colleagues immensely. As I reflect on what I achieved at the AIS (and what I didn't manage to achieve), I feel that I can move on with some pride and pass on the management of the program in the knowledge that the platform that remains is indeed a very strong one and acclaimed by both the Australian and international sport psychology communities. I wish the new manager, Michael Martin, and the remaining AIS sport psychologists all the very best for the future. The professional future for me looks very exciting, and I'm also going to enjoy my 'sea change'.

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# Compulsive Exercising: Healthy Habit or Dangerous Addiction?

*by Eugene Aidman*  
DSTO & University of Adelaide



For most people, getting into an exercise routine of any kind is so desirable that it is hard to imagine that, in some circumstances, it could actually be harmful. Yet exercise can be just that, and not only for 'exercise junkies'. Below is an updated version of the article published in *The Australian Triathlete* magazine (Aidman, 2003) as part of the APS National Psychology Week in November 2003, followed by my *post scriptum* updating the state of play in this area.

According to a recent Australian study (Aidman & Woollard, 2003), sudden interruption to a regular exercise regime, such as missing a planned workout, may result in mood swings and physiological changes resembling a hang-over or the *withdrawal symptoms* experienced by substance addicts.

Symptoms reported by exercisers in these circumstances include anxiety, restlessness, guilt, irritability, tension and discomfort, as well as apathy, sluggishness, poor appetite, sleeplessness and headaches. Because of these symptoms, **researchers have begun to look at 'compulsive exercising' as a special form of addiction** (Hausenblas & Downs, 2002).

Examination of anecdotal evidence and archival data revealed: an indication that exercise might be getting out of hand is the need for ever-increasing 'doses' of workouts. Similar to substance addicts' developing tolerances, the 'exercise addict' requires longer, more intense, and more frequent workouts to experience the same level of satisfaction.

In our recent study, sixty club-level runners who had been training at least five times weekly, were selected on the basis of their 'Running Addiction Scale' (RAS) scores to form a sample representative of the existing RAS norms. These sixty runners volunteered to abstain from a one-day training fixture on short notice. Only half of this group, including both men and women selected at random, actually received this notice, and after missing their planned workout, reported significant withdrawal-like symptoms of depressed moods, reduced vigour and increased tension, anger, fatigue and confusion. For the next 24 hours their resting heart rate (RHR) was significantly higher than in the control group of runners who kept to their usual exercise regime and experienced no changes in mood or RHR.

More importantly, the observed negative mood changes and RHR response in the exercise-deprived group were related to the self-reported exercise addiction, measured by the 'Running Addiction Scale'. Low RAS scorers experienced significantly less mood change and RHR shifts than the higher RAS scorers. RAS scores also correlated with the magnitude of increases in tension, anger, confusion, depression and RHR.

The clear message from these findings is that **even a very brief exercise deprivation is likely to result in withdrawal-like symptoms in most habitual exercisers**, and will depend in each case on the person's underlying propensity towards compulsive exercising. The severity of these symptoms might, in turn, serve as early markers of developing addiction. Thus, assessing these symptoms in controlled conditions has the potential to assist in early diagnosis of exercise dependence.

An important conclusion from this research is that people experiencing discomfort after unexpected interruptions to their exercise schedule are at a greater risk of developing an addiction. Whether this principle is used as a general guideline, or formally integrated into the management of exercise regimes, it is sure to assist coaches, fitness instructors and athletes themselves in keeping an eye on their exercise habits.

Unlike nicotine, alcohol or illicit drugs, exercise addicts have no particular substance to crave for. As with gambling, the object of craving for an 'exercise junkie' is an activity, not a chemical substance. Some scientists suggest that the experience of 'runner's high', often reported by competitive runners, may be due to their brain producing opium-like chemicals, called *endorphins*. Hard evidence suggests, however, that it's not all that simple. Endorphin production relates only to *extreme* physical exhaustion from high-intensity exercise, and even that link has not been conclusive. Given that compulsive exercising is not uncommon among medium-intensity exercisers, their compulsion must have a different source. And, *as our post-experiment interviews revealed*, it's likely to be related to perceptions of emotional and other benefits of exercising that may become extremely painful to give up for some people, especially if they see their training as "the only pillar" of their life.

P.S. The critical question that remains to be answered in this field is "what is it exactly that makes the difference between a healthy commitment to exercising and harmful dependence on it?" Workout volumes and intensity in themselves are unlikely to be sufficient in drawing this distinction. Subjective appraisals and coping resources are important ingredients but they, too, will not be enough. Recent animal studies reveal that (a) you can actually breed mice and rats to become genetically addicted to voluntary wheel-running, (b) when these animals are allowed to exercise whenever they please they spend most of their waking time doing so, and (c) when they are denied access to their workouts, their brain scans show activity in areas normally linked to drug withdrawal (Rhodes, Garland & Gammie, 2003). With this sort of evidence growing, physiological explanations of exercise dependence cannot, and should not, be dismissed lightly. What is needed is an integrated model that takes into account both subjective and bodily mechanisms involved in compulsive exercising, as well as the interconnections between them. Any contribution to the development of such a model would certainly be worthwhile. I am keen to hear from those interested in discussing this issue.

**Eugene Aidman** is a Senior Psychologist with Defence Science & Technology Organisation (DSTO) in Adelaide, where his current research is focused on human factors in army training systems (e.g., Aidman et al., 2002). He is also Visiting Research Fellow at the Department of Psychology, University of Adelaide. This article represents the author's opinion and carries no endorsement by DSTO.

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# PROFESSIONAL DEVELOPMENT NEWS

**By Patsy Tremayne**

CoSP Professional Development Coordinator  
University of Western Sydney



As most of you would be aware, the introduction and implementation of Professional Development (PD) for continued APS College membership commenced formally on 1 June, 1997. The first two year cycle concluded on 31 May 1999; the second PD cycle commenced on 1 June 1999 and concluded 31 May 2001; the third PD cycle began on 1 June 2001 and concluded 31 May 2003. The 4th PD cycle commenced on Jun 1 2003 and will conclude 31 May 2005.

I attended a Professional Development Advisory Group meeting in Melbourne last month. Two items of interest were:

- a) Statistics on compliance with PD were presented. As you know, Professional Development (PD) for psychologists was introduced in 1997 and runs in two year cycles. So far, there are 19 Sport College members who have not yet met their PD requirements for both Cycles 2 (1999-2001), and 3 (2001-2003). Anybody who submits for Cycle 2 now will be updated, and their potential downgrade will be rescinded as soon as the points are submitted.
- b) A proposal to introduce PD for all Members and Associate Members was adopted at the 2002 AGM. The first PD cycle for these members commences June 1 2004 and concludes May 31 2006. Consequently there will be forums around the country where information will be presented to interested members as to how this new system will be implemented. Further details and registration form can be found at the following address: [www.psychology.org.au/pd/pd\\_news](http://www.psychology.org.au/pd/pd_news)

If you are interested in participating, please print out a copy of the application form, fill in the details and fax it to the APS on 03 9663 6177 to reserve your place.

A reminder that the 3<sup>rd</sup> cycle began on 1 June 2001 and concluded on 31 May 2003. The way that PD points are allocated has changed from this cycle onwards, and many more types of activities are now claimable. PD has also shifted to a self-regulatory model. Members keep records of their PD activities in a logbook, and are monitored at the end of each cycle via random audits, similar to the tax system. The web site to print out the APS PD Log Sheet, the list of Point Allocations, the Professional Relevance Sheet, and to read up on all the other Professional Development record information is: [www.psychology.org.au/pd/pd\\_activities/default.asp](http://www.psychology.org.au/pd/pd_activities/default.asp)

You will need your membership number and a password to access this web site. It may be that your last name, e.g., Smith, is already assigned to you as a password.

# STATE SECTION NEWS

## Report from NSW

At a meeting in October 2003, it was recognized that until supervision arrangements for graduates of the M.Psych (Sport) program could be amended favourably, there would be very few new full members of CoSP in the immediate future. As of November, there were only four actively involved CoSP members. This was inadequate, as all responsibility for organization of workshops, meetings, and other get-togethers falls on very few people.

Patsy Tremayne and Michael Martin, as then Acting Chair of NSW CoSP, agreed to the formation of the Sydney Sport Psychology Group, that would operate under the auspices of the NSW College of Sport Psychologists. This gave all new graduates and others with an interest in sport psychology, a greater voice in the running of sport psychology workshops and meetings in Sydney. The idea was enthusiastically endorsed at a further meeting in December, 2003, and a new structure with various roles for members was established.

Patsy Tremayne, in her role again as Chair of NSW CoSP (Michael Martin now in a new position at the A.I.S. in Canberra), met with APS advisor, Gary Khoo, in Melbourne on February 25th, to discuss ways and means whereby the Sydney Sport Psychology Group could operate fairly autonomously, yet under the auspices of the NSW College of Sport Psychologists. Gary Khoo was enthusiastic about the prospect, and provided answers to lots of questions. These were discussed at a committee meeting of the Sydney Sport Psychology Group on March 2nd, and the outlook for the future of NSW CoSP and the Sydney Sport Psychology Group, is very positive.

The Sydney Sport Psychology Group in conjunction with NSW CoSP held their inaugural Professional Development workshops in March. The first at the University of Western Sydney Bankstown Campus, featured Neale Smith, an Australian now practicing sport psychology overseas predominantly in the PGA (18 March). The second at NSWIS featured two presenters from different colleges: Tim Hannon, clinical and developmental psychologist who presented on his work with a high profile sporting team; and Derryn Harrison, who spoke about staying motivated and passionate about work, sport, life and love (25 March). Both these workshops were well attended. More importantly, these workshops provided up-to-date information and education for sport psychologists who cannot yet obtain supervision for membership of CoSP.

Patsy Tremayne, Chair, NSW Section

## Report from South Australia

The South Australian branch of CoSP held two meetings and one upcoming -- featuring presentations as follows:

- Dr Tracey Wade (Clinical Psychologist): Effective management of the athlete with an eating disorder. (November 26<sup>th</sup>, 2003)
- Georgia Stewart, SASI Psychologist: Working with young athletes (March 10th, 2004)
- SA Umpires Association: Mental preparation for umpires. (May 12th, 2004)

Steve Bannon, Chair, SA Section

## STUDENT CORNER

Waiting for your contributions in any of the following categories:

- highlights of student life
- friendly tips on coursework, practicum placements, research
- supervision issues
- any other issues and newsworthy items...

E-mail your contributions to the Editor ([Lydia.levleva@uts.edu.au](mailto:Lydia.levleva@uts.edu.au))

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## UPCOMING EVENTS

### **Australian Association of Exercise and Sports Science (AAESS) Inaugural Conference**

14 - 16 April 2004, Brisbane, Australia

[www.aaess2004.qut.edu.au](http://www.aaess2004.qut.edu.au)

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### **APS Interest Group in Coaching Psychology**

#### **First National Symposium and AGM**

*Coaching Psychology: Advancing Professional Practice*

22-23 July 2004 ~ Melbourne, Victoria

[www.psychology.org.au/units/interest\\_groups/coaching/events.asp](http://www.psychology.org.au/units/interest_groups/coaching/events.asp)

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### **ISSP 11th World Congress of Sport Psychology**

*Promoting Health & Performance for Life*

14 - 19 August 2005

Sydney Convention & Exhibition Centre, Sydney, NSW, AUSTRALIA

[www.issp2005.com](http://www.issp2005.com)

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### **39th APS Annual Conference** ***Psychological Science in Action***

**September 29 - October 3, 2004**  
**Darling Harbour Convention Centre, Sydney**

[www.apsconference.com.au](http://www.apsconference.com.au)

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## Psychologists on the Run! (Melbourne)

There are a few dedicated runners/joggers that currently join me at the bottom of Anderson Street, South Yarra, Friday mornings at 6.30am, in order to do a lap of the Tan. I was wondering if any Sports Psychologists would like to join in on the fun - a chance to increase our networks, motivate each other, and (dare I say) practice what we preach. If you are interested, please contact Graeme Kane at [graeme.kane@iechs.org.au](mailto:graeme.kane@iechs.org.au) or on 9810 3087. I look forward in hearing from you! We will be changing the time back to 6.30pm close to the end of Daylight Savings.

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## Members on the move / in the news:

- CoSP Chair Peter Terry – will be a Keynote Speaker at AAESS Conference
  - Michael Martin – appointed Head of Department Performance Psychology, Australian Institute of Sport
  - Jeffrey Bond, Director, Lane4 Australasia
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## UPDATED COSP EXECUTIVE LIST

Chair	Peter Terry	<a href="mailto:terryp@usq.edu.au">terryp@usq.edu.au</a>
Secretary	Lydia Ievleva	<a href="mailto:Lydia.levleva@uts.edu.au">Lydia.levleva@uts.edu.au</a>
Membership Secretary	Steve Bannon	<a href="mailto:bannon.steven@saugov.sa.gov.au">bannon.steven@saugov.sa.gov.au</a>
Treasurer	Stephanie Hanrahan	<a href="mailto:steph@hms.uq.edu.au">steph@hms.uq.edu.au</a>
Prof. Development	Patsy Tremayne	<a href="mailto:p.tremayne@uws.edu.au">p.tremayne@uws.edu.au</a>
Course Approvals	Susan Jackson	<a href="mailto:sjackson@hms.uq.edu.au">sjackson@hms.uq.edu.au</a>
Newsletter Eds	Eugene Aidman	<a href="mailto:eugene.aidman@dsto.defence.gov.au">eugene.aidman@dsto.defence.gov.au</a>
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