



# Home Advantage Psychological Service Provision for Beijing Olympics

点燃激情  
传递梦想

*Gangyan Si*

# Home Advantage: Psychological Service Provision for Beijing Olympics

1. General introduction
2. Goal of the service
3. Type of the service
4. Content of the service
5. Character of the service





# 1 General introduction

Professionals

Experts: 12



# Professionals

Total consultations: 25+

Graduates/assistants: 25+

Service programs with various teams: 20+

Coverage of sports: 48/51 gold medals



# 1 General introduction

Work done by Chinese Association of Sport Psychology (CASP)





January 2006:

Preparing for setting up an accreditation system

National Conference in October



April 2007:

Accreditation of sport psychology consultant  
expert




**中国运动心理学会**  
**首批运动心理咨询专家申请表**

姓 名   殷 刚 彦  

申请资格种类   首批运动心理咨询专家  

填 表 日 期   2007 年 3 月  

二零零七年

姓 名	殷刚彦	性 别	男	
年 龄		民 族		
现 任 职 务				
电 话		电子邮箱		
工作单位				
职 位		职 称		
教育经历（大学及研究院）				
最高学位的学位论文题目				





April 2007-March 2008:

The first and second training seminars for Chinese sport psychology workers.





# 第一届全国运动心理咨询师培训班合影

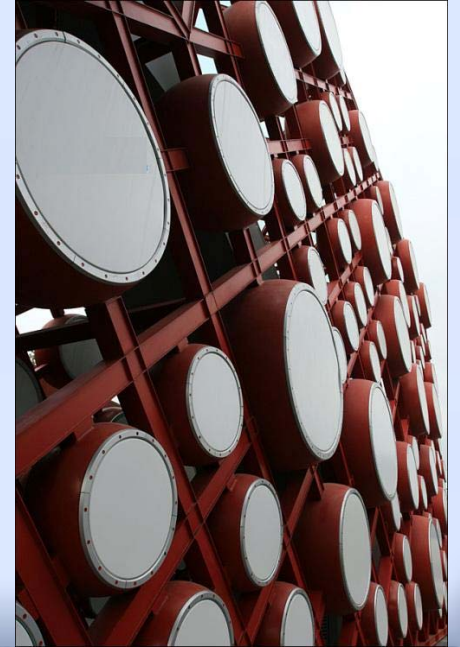
2007.4 武汉





March 2008:

Advanced applied sport psychology forum  
organized by FAST and CASP



# 欧洲应用运动心理学家高峰论坛暨第二期中国运动心理咨询师培训班

Forum of Applied Sport Psychologists in Topsports  
and The 2<sup>nd</sup> Symposium of Chinese Psychological Consultants in Sport

2008年3月28-30日

中国运动心理学会 天津体育学院

March 28-30, 2008

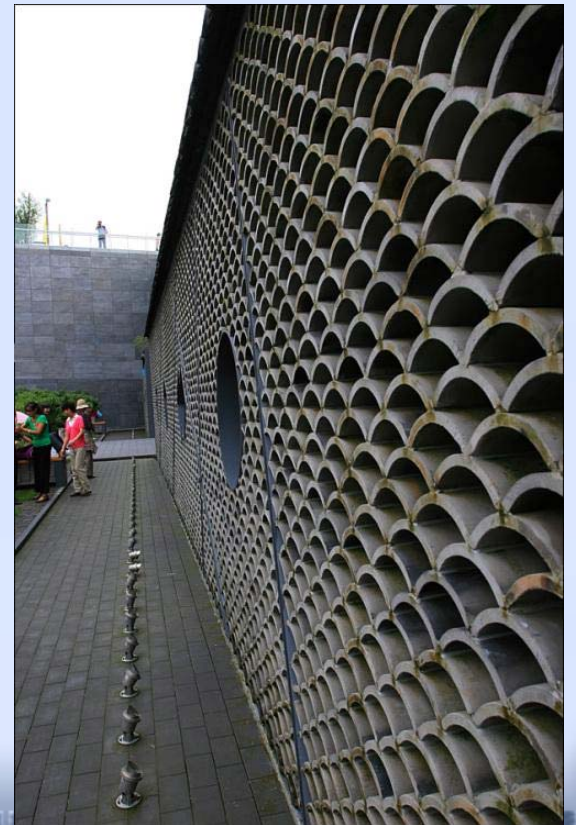
Chinese Society of Sport Psychology Tianjin University of Sport, China





May 2008:

Website, film, brochure, CD





# Website



# Experts at Online

专家在线

首页 | 新闻信息 | 运动员之家 | 教练员之家 | 团队之家 | 专家在线 | 多媒体报导 | 休闲娱乐 | 心理测评

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## 专家介绍

专家介绍

咨询方式

专家门诊

专家值班表



张志秋 研究员

高线



丁言晏 研究员

高线



贾家新 教授

高线



李加林 教授

高线



张力力 教授

高线



任卫东 研究员

高线



李京朝 教授

高线



高会会 教授

高线



王滨平 教授

高线



姜镇杰 教授

高线



周洁彬 教授

高线



高小川 教授

高线

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国家体育总局科研所 版权所有 ICP经营许可证: 京ICP证09005590号  
联系我们: xnlj@ciiss.cn 【状态: 用户已登录】 | 点击下载安装身份识别卡插件









# Film



## Brochure and CD



## 2 Goal of the service

- For superior sports:  
to take home advantage/ avoid home disadvantage
- For potential superior sports:  
to bring full potential into play





# Home advantage



- 天時 (**right time**)：氣候，大環境
- 地利 (**right place**)：場地，不用長途旅行
- 人和 (**right people**)：觀眾，裁判主觀因素

# Home disadvantage

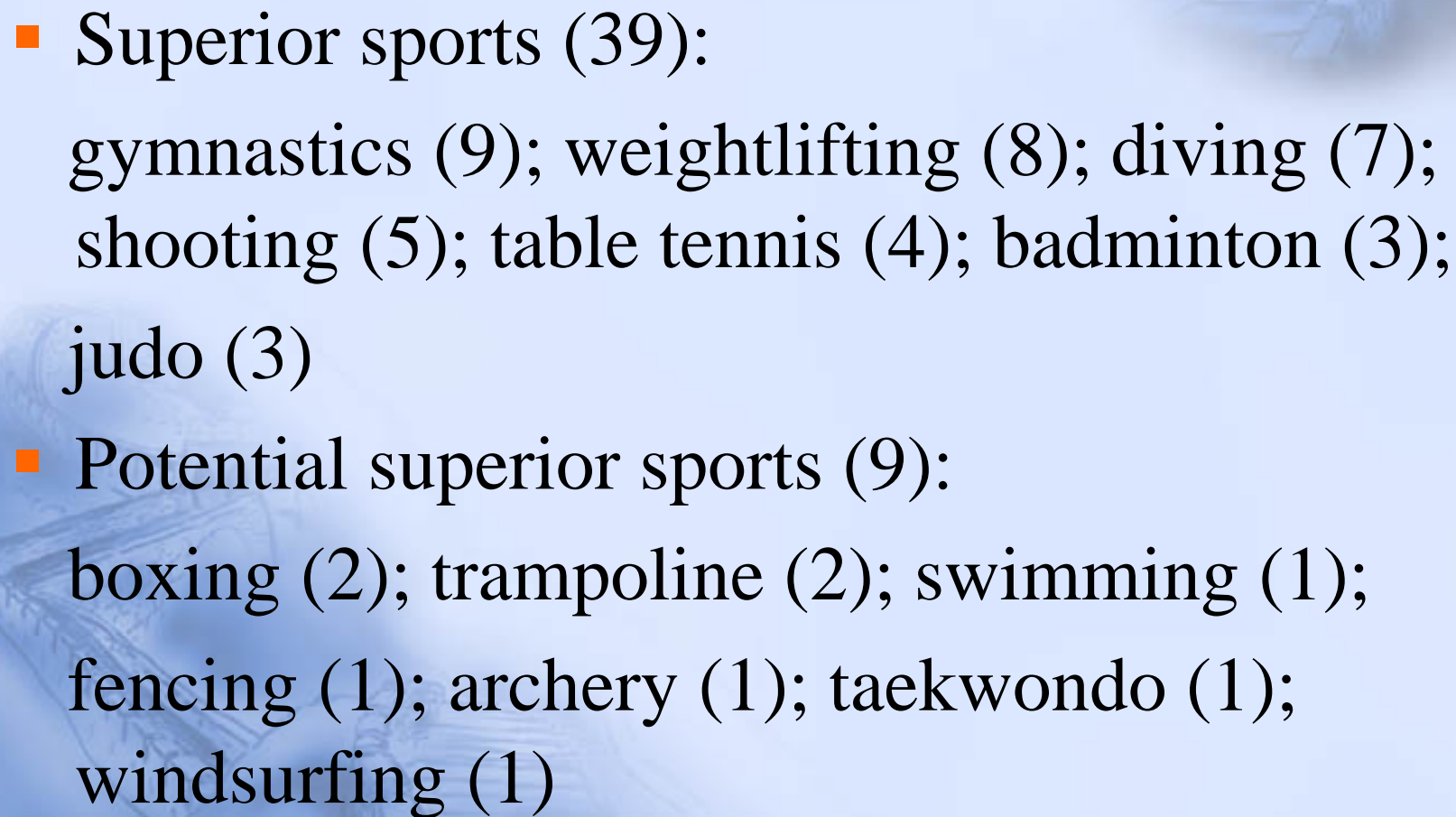
- Media
- High expectation from athlete/self (期望壓力)
- High expectation from important others (自我關注效應)





# Coping Strategies

- Distinction of home “soft” and “hard” environments
- Proactive adaptation and adjustment

- 
- Superior sports (39):  
gymnastics (9); weightlifting (8); diving (7);  
shooting (5); table tennis (4); badminton (3);  
judo (3)
  - Potential superior sports (9):  
boxing (2); trampoline (2); swimming (1);  
fencing (1); archery (1); taekwondo (1);  
windsurfing (1)



### 3 Type of the service

1) Long-term service

2) Periodical service

3) Short-term service



## 4 Content of the service

1) to generalize psychological knowledge (basic work)





## 4 Content of the service

2) to serve group and individual consultation (daily work)



## 4 Content of the service

3) to implement mental training for medal hopefuls (systematic work)





## 4 Content of the service

4) to monitor/help mental recovery/adjustment (selective work)



## 4 Content of the service

5) to carry out final preparation for Olympics (goal-oriented work)



## 4 Content of the service

6) to provide on-field support during Olympics (problem-solving work)





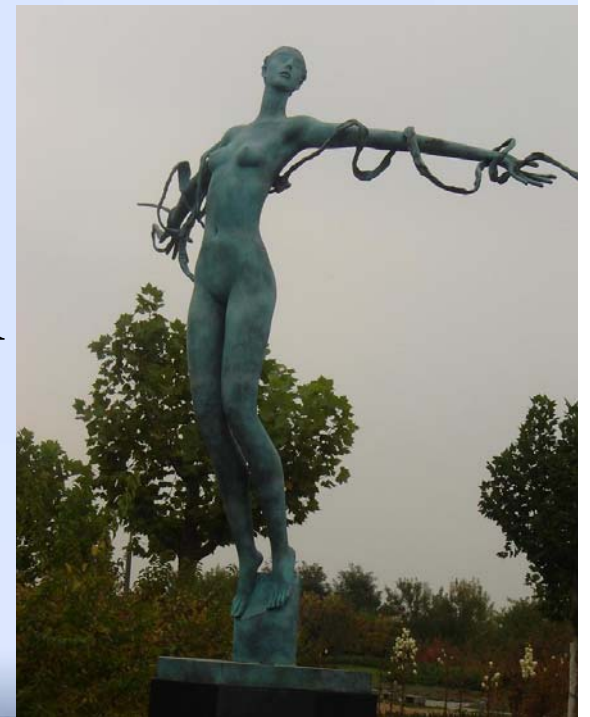
# 5 Character of the service

## 1) Working system

whole-nation system

clear direction

systematic implementation



# 5 Character of the service

## 2) Indigenous theory and practice

Mental construction framework (Liu, 2001)

Adversity coping training framework (Si, 2006)





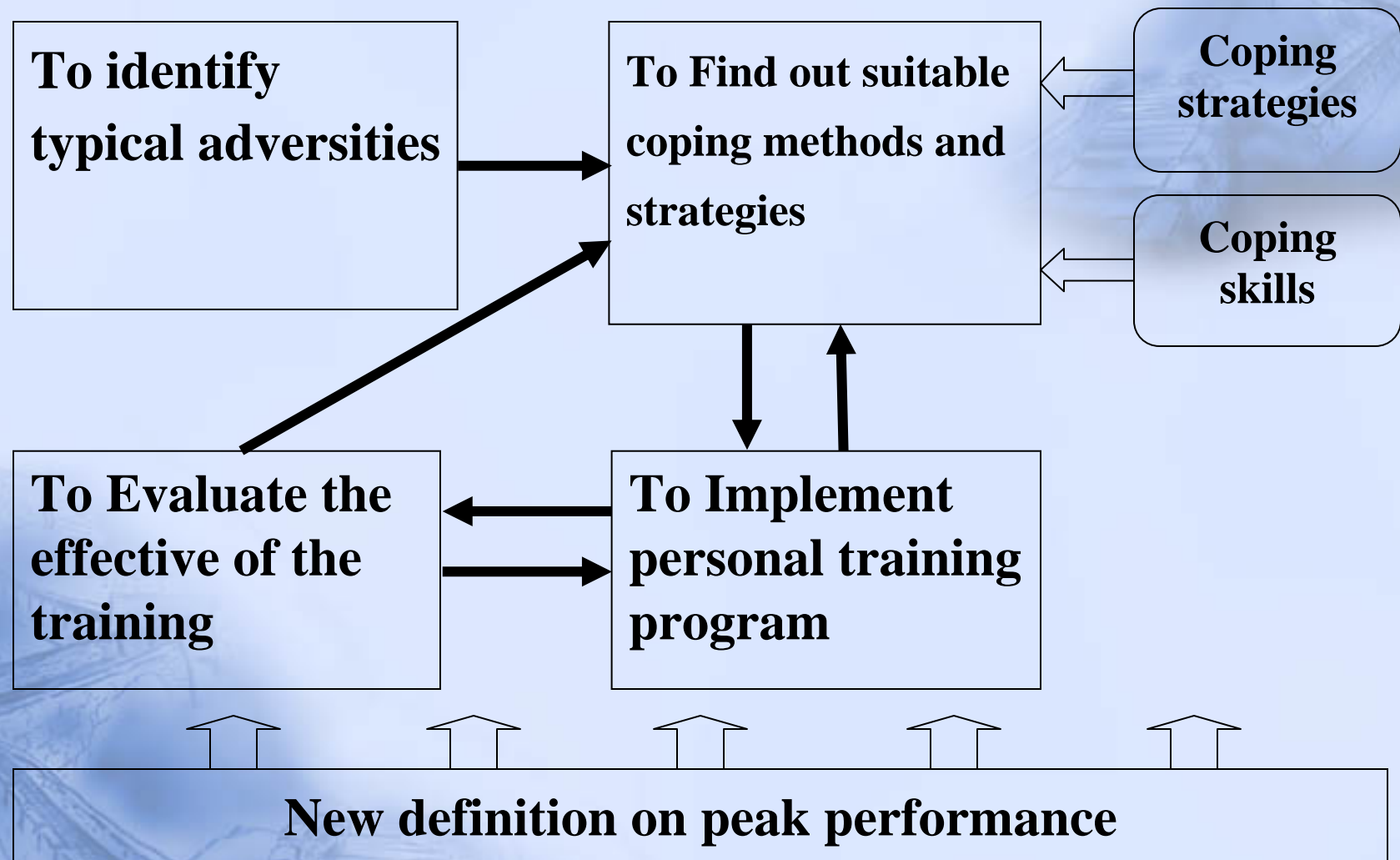
**Positive self-image**

**Positive and rational thinking**

**Habitual body (technical)-mind (mental) combined base**

**Mental Construction Framework (Liu, 2001)**



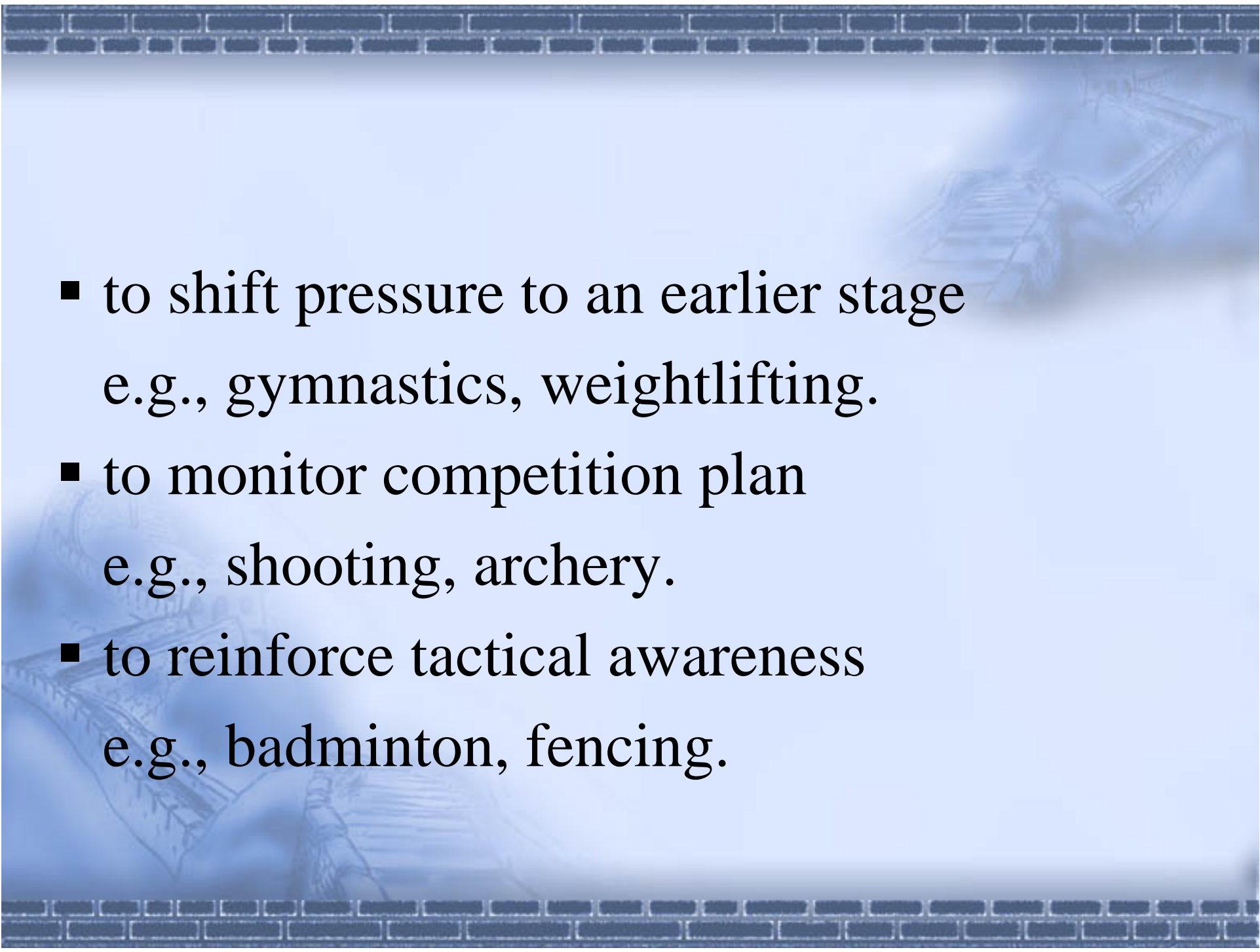


**Adversity Coping Training Framework (Si, 2006)**

## 5 Character of the service

3) Team work with other disciplines,  
deeply involved in training process



- 
- to shift pressure to an earlier stage  
e.g., gymnastics, weightlifting.
  - to monitor competition plan  
e.g., shooting, archery.
  - to reinforce tactical awareness  
e.g., badminton, fencing.





**Thank You !**