

## Qu'est-ce que la psychologie du sport ?

Si l'impact du mental sur la performance est de plus que jamais admis et si athlètes et entraîneurs sont de plus en plus convaincus qu'un « travail psychologique » peut être bénéfique, la psychologie du sport reste une discipline méconnue et davantage encore dans la partie francophone de notre pays. Peu d'acteurs du monde sportif savent ce qu'est la psychologie du sport et ce que les psychologues du sport offrent comme services. Cette situation est rendue plus confuse encore par le fait que se côtoient sur le terrain des intervenants de formation très variée.

C'est d'ailleurs ce que confirme une enquête réalisée en 2002 par la Société Belge Francophone de Psychologie du Sport (SBFPS) dont l'objectif était de faire un état des lieux des personnes exerçant dans le champ de la psychologie du sport, indépendamment de leur formation initiale. Ainsi, il a été mis en évidence l'hétérogénéité des profils en ce qui concerne, par exemple, le niveau de formation ou encore les méthodes utilisées. Cette situation n'est pas spécifique à la Belgique. Elle est caractéristique de tous les pays où il n'existe aucune exigence concernant la formation des intervenants. Par contre, en Amérique du nord, les consultants qui veulent être reconnus par l'AAASP<sup>1</sup> doivent répondre à des critères assez exigeants. Ceux-ci concernent tant la formation initiale<sup>2</sup> (formation de niveau universitaire), que l'expérience de terrain ou encore l'acceptation du code déontologique de la profession.

En conséquence, les acteurs du monde sportif souhaitant faire quelque chose au niveau psychologique ne savent pas nécessairement à qui faire appel. Parce qu'il nous semble important que chacun puisse s'adjoindre les services de professionnels en toute connaissance de cause, une suite trois articles vous aidera à mieux comprendre les buts et moyens de la psychologie du sport.

### QU'EST-CE QUE LA PSYCHOLOGIE DU SPORT ?

La psychologie du sport est une discipline scientifique qui étudie les individus et leurs comportements dans le contexte sportif. Le sport est ici envisagé de façon très large dans la mesure où toutes les activités physiques sont prises en compte. C'est d'ailleurs la raison pour laquelle certaines personnes préfèrent utiliser le terme de psychologie du sport et des activités physiques de façon à ne pas restreindre cette discipline au seul champ du sport pratiqué, le plus souvent, dans un cadre compétitif.

La psychologie du sport s'intéresse ① aux effets des processus psychologiques sur les comportements en situation sportive et ② aux effets de la pratique d'un sport sur le développement psychologique et le bien-être des individus.

Par exemple, les psychologues du sport...

- ✓ s'intéressent aux raisons pour lesquelles un individu pratique ou non un sport ;
- ✓ étudient les effets du stress sur la performance sportive ;
- ✓ étudient dans quelle mesure la pratique d'une activité physique peut être bénéfique pour des individus anxieux ou déprimés.

La psychologie du sport concerne donc tous les pratiquants (jeunes, adolescents, adultes ou seniors) et toutes les pratiques (de loisir, dans un but de santé ou en compétition). La psychologie du sport ne s'intéresse pas non plus qu'aux seuls athlètes, mais également à ceux qui les entourent comme les entraîneurs, les éducateurs, les parents ou encore les dirigeants.

La psychologie du sport est également une science appliquée. Il s'agit tout autant de comprendre (via une démarche scientifique) les processus psychologiques qui sont impliqués lors de la pratique sportive que d'élaborer, sur base de ces recherches, des recommandations susceptibles d'aider tous les sportifs à vivre

<sup>1</sup> Association for the Advancement of Applied Sport Psychology

<sup>2</sup> La moitié des consultants certifiés bénéficient d'une formation de niveau universitaire en psychologie et l'autre moitié bénéficient d'une formation de niveau universitaire en sciences du sport.

# Psychologie Du Sport Laquo Que Saisje Raquo Ndeg

**Didier Delignières**



## **Psychologie Du Sport Laquo Que Saisje Raquo Ndeg:**

**Psychologie du sport** Didier Delignières, 2008-02-15 Au travers des exigences qu'elles imposent aux pratiquants les pratiques sportives suscitent le développement de comportements souvent exceptionnels dont la compréhension justifie une investigation spécifique Les recherches en psychologie du sport ont considérablement développé nos connaissances sur la motivation l'anxiété la gestion du stress la cohésion d'un groupe Elles ont également montré parallèlement aux résultats sportifs obtenus l'importance d'une préparation mentale dans le suivi des sportifs de haut niveau Psychologie du sport Didier Delignières, 2020-09-16

## Adopting the Track of Appearance: An Emotional Symphony within **Psychologie Du Sport Laquo Que Saisje Raquo Ndeg**

In a world consumed by monitors and the ceaseless chatter of fast conversation, the melodic splendor and psychological symphony developed by the prepared word often diminish into the background, eclipsed by the persistent sound and interruptions that permeate our lives. However, nestled within the pages of **Psychologie Du Sport Laquo Que Saisje Raquo Ndeg** a charming literary treasure overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this captivating masterpiece conducts viewers on a psychological journey, well unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this poignant evaluation, we will discover the book is main harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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