

Patricia C. Jackman

University of Lincoln, UNITED KINGDOM

Teaching Responsibilities: I teach on sport and exercise psychology modules across undergraduate programs in the School of Sport and Exercise Science. I am the module leader for Introduction to Psychological Principles, which explains how psychological principles can be used to enhance performance, wellbeing, adherence and participation in sport, exercise and physical activity settings. I also teach the psychology component on the Foundations of Sport and Exercise Science module and supervise undergraduate and postgraduate dissertations.



Research: My research focuses on the psychology of sport, exercise and physical activity. I am a member of the Mental Toughness Research Group (MTough) and the Health Advancement Research Team (HART Research) at the University of Lincoln. I am currently involved in projects in a number of areas, including:

- Flow states in sport, exercise and physical activity
- Mental toughness
- Performing under pressure in sport
- Psychological wellbeing in the workplace
- Psychophysiological functioning in exercising females

Additional Departmental Responsibilities: I represent the School on the College of Social Science Employability Working Group. I jointly co-ordinate Outreach activities in the school, which involves the organisation and delivery of sport and exercise science workshops to secondary school students in the Lincolnshire area.

Applied Consultancy: I deliver educational workshops in sport psychology to athletes across a range of sports and performance levels at the University of Lincoln.

Professional Memberships: I am an Associate Fellow of the Higher Education Academy. I am an active member of the British Association of Sport and Exercise Science and the Women in Sport and Exercise Academic Network.

Topics for the 12th International Teaching Week

1) Flow: The Psychology of Optimal Performance in Sport

Understanding how athletes unlock their potential and achieve excellent performance is a topic of great interest to athletes, researchers, fans, coaches and applied practitioners in sport. When athletes perform at their best, they often refer to the importance of their psychological state. One psychological state that has been associated with excellent performance in sport is 'flow'. Coined by Mihalyi Csikszentmihalyi in the mid-1970's, flow is considered to be a universal phenomenon and has been a topic of interest to researchers across a broad range of contexts, including education, music and dance. This presentation will commence with an overview of the historical foundations of flow research, before reviewing current understanding of flow states in sport. Specific attention will be devoted towards describing the phenomenon of flow and identifying how athletes can increase their susceptibility to experience flow states. Insights from recent research concerning the processes underlying the occurrence of flow and the effect of different goal types on subjective experience will be discussed. The presentation will also consider future directions for research in this area and highlight the implications of recent work on flow states in sport for people within and beyond the athletic domain.

2) Using Sport and Exercise Psychology in Everyday Life

The field of sport and exercise psychology has grown considerably over the last century and has made a significant contribution towards enhancing performance and wellbeing in athletes and exercisers of all genders, ages and levels. The presentation will highlight psychological strategies used in sport and exercise settings and how these same strategies could be employed to enhance performance and wellbeing beyond these settings. The wide-ranging benefits of physical activity for psychological wellbeing will be outlined. Insights and applied implications from recent research on the psychology of physical activity will also be reviewed and discussed.