

# Matthew Bird

University of Lincoln  
United Kingdom



Matt is a senior lecturer in sport and exercise psychology at the University of Lincoln in the United Kingdom. He teaches applied sport psychology modules to sport science and coaching science students. His research interests are in professional practice issues in sport psychology and athlete mental health. Matt is a Certified Mental Performance Consultant (CMPC) and provides sport psychology support to a range of athletes. In his spare time, he likes to play golf.

## My Topics for the 22nd International Teaching Week:

- 1) Goal Setting Processes in Sport and Exercise
- 2) Performance Profiling in Sport: Assessment and Intervention
- 3) Mental Health and Stigma in Sport