1. IDENTIFICAÇÃO DO PROJETO DE PESQUISA NO QUAL É/SÃO ABERTA(S) A(S) VAGA(S)

1.1. IDENTIFICAÇÃO DA LINHA DE PESQUISA (preencher, caso se aplique, identificando se no âmbito do CIDAF, outro centro de investigação da UC ou Centro de Investigação Externo à UC)

1.2. [Título]: Mindfulness, meditation and Flow in Sport

1.2. NOME DO PROJETO [Título]: Mindfulness, Meditation and Flow in Sport

1.5. NÚMERO DE REGISTO (preencher caso esteja associado a uma entidade financiadora):

2. DURAÇÃO DO PROJETO DE PESQUISA

2.1. DATA DE INÍCIO DO PROJETO: Janeiro de 2020

2.2. DATA PREVISTA PARA A CONCLUSÃO DO PROJETO (Se aplicável): Não se aplica.

3. EQUIPA DE INVESTIGAÇÃO

3.1. IR RESPONSÁVEL [Nome]: Pedro Miguel Pereira Gaspar

3.2. EQUIPA [Nome de todos os elementos e instituições de origem]:

Pedro Gaspar, Coimbra University, Faculty of Sports Sciences, Portugal
Edson Filho, University of Central Lancashire, School of Psychology, United Kingdom
Marcelo Massa, School of Arts, Sciences and Humanities, University of São Paulo, São Paulo, Brazil.
4. ESTRUTURA E OBJETIVOS DO PROJETO

4.1. BREVE SÍNTESE DO PROJETO [Máx. 200 palavras]

“Peak performance is meditation on motion” is a revealing quote by the Olympic champion diver Greg Louganis which nicely incorporates the crucial role of meditation in making the mind quiet for many athletes. Positive psychology is a quest to understand optimal experience (Seligman & Csikszentmihalyi, 2000). Two forms of optimal experiencing, mindfulness and flow, have received the majority of attention in the literature. Mindfulness relates to “non-elaborative, non-judgmental, present-centered awareness in which each thought, feeling, or sensation that arises in the attentional field is acknowledged and accepted as is” (Bishop et al., 2003, p. 31). Mindfulness is typically construed as a mental practice that requires self-discipline and a commitment to trying to maintain reflective awareness of each passing moment. In contrast, flow involves intense task concentration, a loss of self-awareness, an altered sense of time, and merging of activity and awareness (Csikszentmihalyi, 1990; Nakamura& Csikszentmihalyi, 2009). Flow is an absorbing mental state that arises spontaneously when one is engaged with an optimally challenging activity and as the necessary skills to fulfill that challenge. Therefore in this research we aim to study how Mindfullness, Meditation and Flow relate to each other, are experienced by the athlete and therefore influence the sport experience.

4.2. BREVE DESCRIÇÃO DAS TAREFAS A REALIZAR PELO ESTUDANTE NO ÂMBITO DO ESTÁGIO DE INICIAÇÃO À INVESTIGAÇÃO CIENTÍFICA [Máx. 200 palavras]

Application of data collection tools related to Flow and Mindfullness;
Transcription of interviews conducted with athletes;
Data input for statistical treatment.

5. NÚMERO DE VAGAS DISPONÍVEIS PARA ESTUDANTES DO 1º CICLO [identificar o número de vagas]

4 vagas

6. UNIDADES CURRICULARES PRÉ-REQUISITO

Nenhuma

ASSINATURA DO IR