

Alan Ringland

Munster Technological University – Ireland



Dr Alan Ringland, lecturer in Munster Technological University since 1997. Previously worked at Liverpool University as a lecturer in sport psychology and Physical Education. He worked as a PE Teacher and sport psychology consultant for BASES and BOA until he moved back to Ireland. He was born in Bangor, Co. Down and as a schoolboy played for Ulster and Ireland in Tennis, Hockey and Badminton. He graduated from University of Wales before completing a PhD in Sport Psychology at the

University of Ulster. He was Team Psychologist at the Paralympic Games in Beijing 2008 & London 2012 and have worked with the Irish Olympic Teams and Individuals since 1998. His research interests are pedagogy and sport psychology. His main interests are sport. He still coaches and plays tennis and teaches in racket sports and net games. He enjoys movies, playing golf when the weather is good and walking his two dogs on the nearby beach.

My Topics for the 19th International Teaching Week:

- 1) Mental Health and Elite Athletes (practical workshop)
- 2) Practical Paralympic Boccia (practical workshop)
- 3) The Paralympics Experience: Reflections of a Sport Psychologist
- 4) Coaching, Teaching & Sport: A Pedagogical Blend