



**EMMA GUILLET-DESCAS**

*From France to Sweden*



Project: **Education, Sport and Health**

Research topic: **Sport**

Swedish Institution: **Karlstad University, Halmstad University**

French Institution: **Université Claude Bernard Lyon 1**

Dates of mobility: **13/04/2019 to 19/04/2019**

Program: **SFVE-A (ex TOR)**

## PRESENTATION

[Emma Guillet-Descas](#) is an Assistant Professor in Science and Technology of Sport and Physical Activity Unit ([UFR STAPS](#)), at [Université Claude Bernard Lyon 1](#). Her research focus on sport engagement regarding dropout factors, burnout, sense of community and commitment.

## ACTIVITIES IN SWEDEN

During her stay in Sweden, Emma Guillet-Descas visited [Prof. H. Gustafsson](#) at the [Department of Health Sciences, Karlstad University](#), and [Prof. X. Sanchez](#), [Center of research on Welfare, Health and Sport \(CVHI\), Halmstad University](#).

In regard of the Olympic Games in Paris in 2024, Emma Guillet-Descas proposed to both Swedish laboratories to develop a collaboration on field research, in order to evaluate the impact of a specific mental training on affective, behavioural and cognitive consequences such as burnout, engagement, and emotions; and in order to elaborate a specific parental program for the elite athletes' parents and evaluate their influence on the athletes' performances. Thus, they collaborated on four research projects: (i) intervention on Mental Health of Athletes, with a potential application to the CALL Open Research Area (ORA) for the Social Sciences; (ii) development of the emotional and motivational competencies of young Elite; (iii) education and supporting parents in elite sports; (iv) developing a questionnaire on the climate instituted by PE teachers (the SISQ, Situations in School Questionnaire for PE teachers).

They also discussed about a European university diploma, beginning in 2020-2021, and focusing on the "mental training for students and sport professionals" funded by ERASMUS+ MUNDUS and Université Claude Bernard Lyon 1.