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# Sport Psychology: Linking theory to practice

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between-subject variable and the role of the viewer (offensive, defensive) as the within-subject variable. The results revealed a significant interaction on the percentage of viewing time in the spaces that were unavailable for passing, which was due to that, when viewing as an offensive player, the players spent less percentage of time than the non-players fixating the spaces unavailable for passing. The results indicate that the experts could quickly discriminating informative and uninformative areas, and spend less time paying attention to less useful information for the action at the moment, while the amateurs would continuously waste attention and time on useless information.

*Keywords: football players, eye movements, AOIs, attention distribution*

## Association of 2D: 4D digit ratio with frailty and MMSE in community-dwelling older adults and Human Development

**Celina Gonçalves (Sport Sciences Departament - Polytechnic Institute of Bragança, Portugal), Nuno Rocha (Laboratório de Reabilitação Psicossocial da Escola Superior de Saúde do Instituto Politécnico do Porto e Faculdade de Psicologia e Ciências da Educação da Universidade do Porto, Portugal)**

The 2D:4D ratio is an indicator of prenatal testosterone exposure (Fink, Manning, & Neave, 2006) and it is a fairly stable one (Anders, 2007). While there are some studies about the role of testosterone on frailty (Srinivas-Shankar & Wu, 2009) and cognitive decline (Moffat, 2005) in older adults, very few analyze the impact of prenatal testosterone exposure (Halil et al., 2013). Our aim was to understand the relation between 2D:4D ratio, frailty and cognitive decline in community-dwelling elderly people. 175 community-dwelling elderly people were recruited. We included the following instruments: Tilburg Frailty Indicator; Survey of Health, Ageing and Retirement in Europe; Mini-Mental State Examination; scanner assessment of 2D and 4D fingers lengths of each hand; Barthel Index; and Lawton and Brody scale. Statistical analyses were conducted using software SPSS Statistics (v.23.0, SPSS Inc, IL) and were based on Pearson correlations and regressions. We did not find any correlations between 2D:4D ratio and frailty measures, but we found a significant correlation between 2D:4D ratio and MMSE scores in the women sample. It is not possible to ascertain any contribution of prenatal exposure to androgens to the frailty status of community-dwelling elderly people, but we found that reduced prenatal exposure to testosterone in women may contribute to prevent cognitive decline in elderly women.

*Keywords: testosterone, cognitive decline; elderly people, frailty*

## Habitual physical activity and social support in adolescents

**Celina Gonçalves (Sport Sciences Departament - Polytechnic Institute of Bragança), Vítor Pires Lopes (Sport Sciences Departament - Politechnic Institute of Bragança; Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD), Portugal)**

The support of parents and friends seems central to the involvement of young people in physical activity (PA) (Atkins et al., 2015). The purpose of this study was to analyze the importance of social support on PA levels in adolescents. 864 adolescents of both sexes were included. Participants were divided into two groups, Group 1: 12-15 years (Girls n=225; Boys n=202) and Group 2: 16-18 years (Girls n=226; Boys n=209). To determine PA and sedentary behaviour (SB), the short version of the International Physical Activity Questionnaire (IPAQ) was used; the specific types of PA assessed were walking (W), moderate (MPA), vigorous (VPA) and total score (TPA); a question about sitting time was included to determine SB. Perception of social support for PA was assessed with an adaptation of the Friend Support Scale for Portuguese language (Jago, Page, & Cooper, 2012). Statistical analyses were conducted using software SPSS Statistics (v.23.0) and were based on Spearman correlations. In group 1, the girls showed a significant correlation between TPA and the friends in general, best friend and parents support. In boys there was only significant correlation between MPA and best friend

support. In group 2 the girls VPA shows significant association with friends in general and the best friend support. Also in girls the TPA was associated with the support of friends in general. In boys, the VPA and TPA are associated with friends support in general. SB doesn't show association with any of the social support studied. Consistent with the literature, social support from parents, peers, and best friends plays a key role in PA levels in adolescents. However, parents, friends and best friends seems to play different roles in PA social support.

*Keywords: parents, friends, best friend, sport*

### Expert-novices differences in decision-making skill in soccer referees

**Cecilia Duarte Eroles, Rossana Cuevas Ferrera (Universidad Autónoma de Yucatán, México.), Duarte Araújo (CIPER, Universidade de Lisboa, Portugal)**

The referee is always making decisions and has to take them with a minimum of time (Murguía Cánovas, 2010; Díaz Pérez, 1990; García-Aranda Encinar, 2011). The aim of this study was to compare expert with novice referees' decision-making skill, according to the competences described in the Naturalistic Decision Making approach (Klein, 1997). The sample consisted of 35 soccer referees with experience between 2 months and 30 years. The diagnosis was made with interviews, video recording and an adapted version of the Decision Making Questionnaire for Trainers (Guia & Araújo, 2009). The results show that the most used competence by all these referees is the Cognitive Adaptability to the Context and the less used is the Strategies to Manage the Uncertainty of the Context. Also, expert referees seem to use more the competence of Evaluation of the Situation; nevertheless, the competence that seem to be the less used for the expert referees is the Realization of Mental Simulations to Choose a Course of Action. The referees affirm that the context and the experience in similar situations helps them to develop new abilities, confirming findings from other studies (Sánchez López, Fernández, Silva Pereyra, Martínez Mesa, Moreno Aguirre 2014; Araújo, Davids & Serpa, 2005; Carvalho, et al., 2011; Kanhehman & Klein, 2009).

*Keywords: referee, decision making, competences*

### Does athletes' perception of leadership differ according to goal achievement and sport success?

**A. Rui Gomes (University of Minho, School of Psychology, Portugal), Catarina Morais (University of Kent, School of Psychology, United Kingdom)**

Coaches influence athletes' well-being by the way they evaluate and respond to sports activity. Previous research has established that transformational leadership produces better results in team performance than other forms of leadership, like transactional (e.g. Arthur et al, 2011). However, there is less evidence regarding how athletes' perceptions of leadership differ according to their perception of goal achievement at the individual and team levels and according to their sports performance. Data was collected for 180 male junior soccer players aged between 16-18 years, competing in 1st/2nd national divisions, at the beginning (T1) and end (T2) of the sports season. Three leadership areas (transformational, transactional, and decision making), goal achievement in sport, and team performance were evaluated, using the adapted Portuguese versions of the TTI, MSLS, and PGI scales (Beauchamp et al, 2010; Gomes & Resende, 2014; Mata & Gomes, 2013). A Group (High vs Low) x Time (T1 vs T2) mixed ANOVA was conducted using SPSS. Results showed that athletes with (a) a higher perception of individual goal achievement evaluated their coaches more positively; (b) a higher perception of team goal achievement started the season with a less positive evaluation of their coaches but ended the season with a more positive evaluation; and (c) higher sport performance evaluated their coaches less positively in two domains of transformational leadership but ended the season by attributing less negative feedback and passive management to their coaches. In sum, this study suggests that coaches are