

History and development of Sport Psychology in Latin America

LENAMAR FIORESE^{*}; RENAN CODONHATO^{*},
JOSÉ ROBERTO ANDRADE DO NASCIMENTO JÚNIOR^{**},
ALEJANDRO GARCÍA-MÁS^{***}, JOÃO RICARDO NICKENIG VISSOCI^{*/****/****}

(^{*}) *Physical Education Department, State University of Maringá, Maringá, Brazil*

(^{**}) *Physical Education Department, Federal University of São Francisco Valley, Petrolina, Brazil*

(^{***}) *Department of Psychology, University of the Balearic Islands, Palma, Spain*

(^{****}) *Duke Emergency Medicine, Duke University Medical Center, Durham, NC, United States*

(^{*****}) *Duke Global Health Institute, Duke University, Durham, NC, United States*

The present study aimed to investigate the historical course of the sport psychology (SP) field and its development in Latin America. The keywords “history,” “sport psychology,” and related terms were searched for in Web of Science, ScienceDirect, LILACS, and Scielo databases, as well as Google Scholar and other manual searches to find scientific articles, book chapters, dissertations and other documents describing the history of SP in Latin American countries. Information was found for 15 Latin American countries. Drawing from the important data present in these works, the history of SP in this continent is presented in four periods that encompass its initial period (1930-1960), advancements in the applied and scientific field (1960-1980), consolidation of SP (1980-2000), and the recognition of SP (after 2000). The roots of SP in Latin America, its characteristics, factors driving its expansion and the actual state of SP are presented and discussed.

KEY WORDS: Latin America, history. sport psychology.

Introduction

To better understand the history, development and advances of the field of sport psychology (SP) in Latin America, it is important to recapture some historical aspects of this area within different South and Central American countries. In this sense, the present study has been structured in four historical periods. The initial period (1930-1960) is characterized by the individual initiatives of professionals; progress was made in the practical application of

Correspondence to: Lenamar Fiorese, Physical Education Department, State University of Maringá, Av. Colombo, 5790, Maringá-PR, Brazil. (E-mail: lenamarfiorese@gmail.com)

SP during the second period (1960-1980); the third period marks the consolidation of the SP field (1980-2000); an area that becomes even more recognized during the fourth period (2000-present).

We will notice that, during the initial period, efforts were mainly focused on the professional intervention for sports performance, while some scientific literature was produced in the form of books. After the foundation of the International Society of Sport Psychology (ISSP) in 1965, other organizations started to be founded around South and Central American countries. Moreover, The ISSP-MC has had a Latin American representative ever since its beginning (Table 1).

The national and international cooperation brought forth by these organizations has helped in knowledge advancements and specialized education for SP professionals. Universities played an important role during this period by implementing SP courses in psychology and physical education programs at the undergraduate and graduate levels. Moreover, professionals from the United States, Spain and the Soviet Union greatly assisted in the development of SP in Latin America.

Capturing the history of SP in the whole Latin America is a great challenge, not only due to its richness, but also due to the limited literature regarding it. Moreover, analyzing the historical aspects and the development of SP throughout Latin America is important to the understanding and strengthening of the SP field as a whole, evidencing key factors driving its expansion and facilitating new directions for the ever-growing field of SP. In this sense, the present study aimed to investigate the historical course of the SP field and its development in South and Central America.

TABLE I
List of Latin American representatives in the ISSP

Period	Country	Representative
1965-1968	Brazil	Athayde Ribeiro da Silva
1968-1973	Brazil	Athayde Ribeiro da Silva
1973-1977	Argentina; Brazil	Maria V. Diaz Lo Sasso; Athayde Ribeiro da Silva
1977-1981	Cuba	R. O. Martinez
1989-1993	Brazil	Benno Becker Jr.
1993-1997	Brazil; Mexico	Benno Becker Jr.; Guillermo Dellamary
1997-2001	Mexico	Guillermo Dellamary
2005-2009	Brazil	Dietmar Martin Samulski
2009-2013	Brazil	Ruy Krebs; Newton Santos Vianna Jr.
2013-2017	Brazil	Franco Noce
2017-2021	Brazil	Franco Noce

Initial Period: Individual efforts of professionals (1930-1960)

This period took place, predominantly, in two South American countries: Brazil and Argentina. In Brazil, the field of SP has its first records around the years of 1930 and 1940, due to the demands of sport performance. The publication of sport psychology-related articles from military personnel, physicians and educators in the Army's Physical Education School and the National School of Physical Education and Sports mark the beginning of SP in Brazil (Carvalho, 2008; Noce, Vieira & Costa, 2016). The first recognized professional work in Brazil was performed in 1958 by João Carvalhaes, the psychologist of São Paulo Football Club, who also assisted the National Brazilian Team for its first title in Sweden's 1958 World Cup (Hernandez, 2011; Queiroz, Fogaça, Hanrahan, & Zizzi, 2016). Carvalhaes was also important for the professional and scientific recognition of SP, fighting for the right of a professional register of those who were already working in this field, as well as promoting SP as a field of science (Abdo, 2000).

In Argentina, because psychology was already a strong and ever-growing field, the beginning of SP had a different start from the rest of Latin America, being predominantly influenced by psychologists, psychiatrists and the psychoanalysis approach, and not by sport science's specialists and the cognitive-behavioral approach, as it did in other Latin American countries (Roffé & Giesenow, 2009). The psychiatrist Carlos Garrot was one of the pioneers, publishing the book "Psychology of Football" in 1937. During the 1950s, physical education teacher Adolfo Mogilevsky, who had also worked with Argentina's National Football Team (Roffé & Giesenow, 2009), innovated by establishing weekly routines of group analysis and self-criticism of Argentinian football clubs (Banfield, Racing and Atlanta).

This initial period was characterized by the publication of a few books and papers, mainly centered on psychological interventions in football teams and physical education schools, having sports performance as the main outcome of interest. These and other initial steps are highlighted in Figure 1.

Second Period: Advancements in the applied and scientific fields of SP (1960-1980)

The second period is characterized by the growth of SP throughout many Latin American countries. Apart from Argentina and Brazil, other countries, such as Uruguay, Peru, Ecuador, Colombia, Bolivia, Venezuela and Chile in South America; Cuba and Costa Rica in Central America/Caribbean; and Mexico in North America, have presented registers about their initial steps in SP.

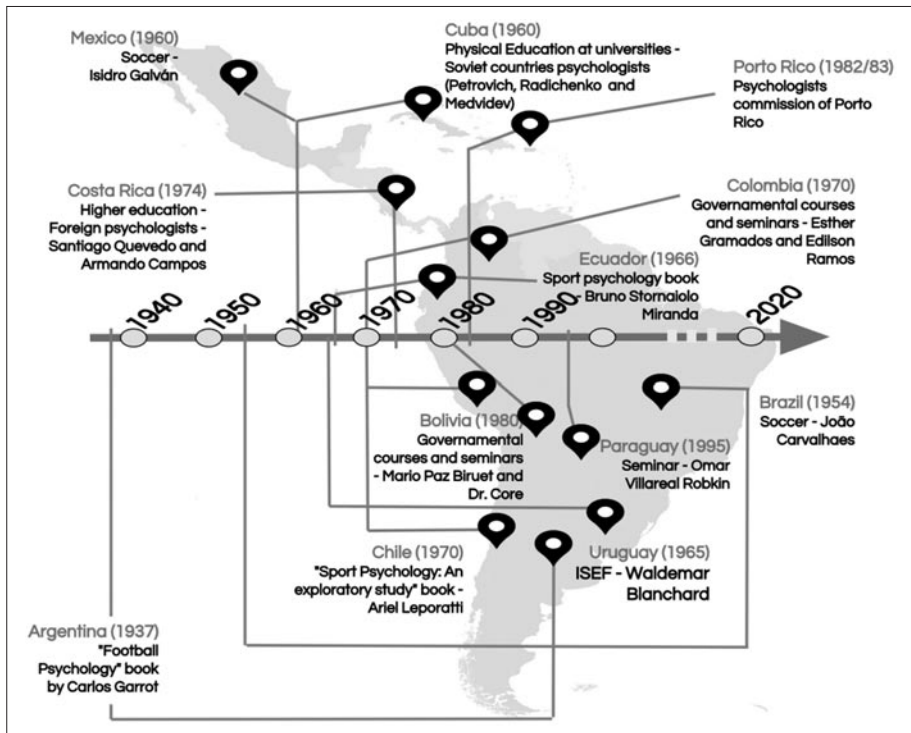


Fig. 1. - Initial records from SP in Latin American countries.

In Brazil in the 1960s, physician Dr. Carlos Sanchez de Queirós, director and professor of the Sport Psychology Institute in Rio de Janeiro, wrote scientific papers and lectured about SP, presenting a major contribution to the promotion of SP (Noce et al., 2016). Meanwhile, Athaide Ribeiro da Silva worked with the Brazilian National Football Team between 1962 and 1963 (Vieira, Vissoci, Oliveira, & Vieira, 2010). Another milestone occurred around 1975, when sport and exercise psychology became part of sport sciences' events (Becker Júnior, 2001). The Brazilian Society of Sport, Physical Activity and Recreation Psychology (SOBRAPE) was founded in 1979, with Prof. Dr. Benno Becker Júnior as its first president (Noce et al., 2016; Queiroz et al., 2016). At this time, Brazil was one of the main representatives of SP in Latin America (Samulski, 2000).

In Argentina, despite its early start, there was still no formal academic education for sport psychologists between 1960 and 1980. Thus, psychologists' work was mainly based on clinical psychoanalysis application, mostly

with football athletes, and the majority of these professionals did not resort to the knowledge coming from sport sciences. Furthermore, the field of psychology was prohibited in Argentina during the dictatorship lasting from 1970 to 1980 (Roffé & Giesenow, 2009).

In Bolivia, the field of SP has gained importance through seminars and courses promoted by governmental entities during this period (Callejas, 2007). These events aimed for the improvement of sport performance and had physical education professionals, athletes, physicians and sports journalists as their main public. Initially, efforts in SP were mainly performed by professionals from areas other than psychology of physical education, such as medicine, sociology and journalism, who had some knowledge in psychology.

In Chile, this period was characterized by both individual efforts in the applied field as well as an attempt to legally establish the area of SP (Esturillo & Garin, 2008). The Chilean Society of Sport Psychology was founded in 1967, having Dr. Lisandro San Martín and Prof. Juan Yovanovic as president and vice-president, with no psychologists as members. Other important events include the publication of the book *Psychology and Sport: An Exploratory Study* (1970) and the creation of a sport psychology course in the University of Chile (1974), both by the professor Ariel Leporati. Furthermore, the first inclusion of a psychologist in Chile's sports teams happened in 1979 (Esturillo & Garin, 2008).

In Colombia, similar to what happened in Bolivia, the field of SP gained importance through governmental initiatives. In the 1970s, the psychologists Esther Granados and Edison Ramos became part of the "Coldeportes Nacional," the organization responsible for regulating sports in Colombia. The main milestone for SP in this country is considered to be the "South American course of Sport Psychology", a workshop that took place in the year of 1973 (García, 2004). During this decade, the Chilean physical education professor Juan Yovanovich also promoted the importance of SP for sport performance in Colombia, and in 1979, an undergraduate thesis about the placebo effect in athletes, at the National University, marks the start of an academic interest in SP in this country (Hernández, 2008).

In Ecuador, according to Cedeño (2012), the field of SP started from the initiative of Dr. Bruno Stornaiolo Miranda, who had been developing professional and academic activities about SP since 1966, and who also authored the book *Sport Psychology*, published in 1980. However, there is not much information available regarding the initial period of SP in Ecuador, but an important milestone to be mentioned is the foundation of the Sport Psychologists Society of Ecuador in 1970 (Cedeño, 2012).

The 1970s also mark the beginnings of SP in Peru, when a Peruvian psychiatrist worked with the national football team for the Mexico World Cup

of 1970. The first undergraduate thesis with a theme from sport psychology took place in 1973, and Núñez Begazo initiated his scientific investigation about the “psychological profile of the Peruvian athlete” in 1974, which lasted until 1995 (Romero, 2007). Romero also states that the field of SP in Peru has been influenced by the knowledge coming from Cuba.

In Uruguay, similar to most other countries, the field of SP started with the search for sports performance, mainly in the physical education area. In the late 1960s, professor and psychologist Waldemar Blanchard started teaching SP concepts in a course for sport coaches in the Superior Institute of Physical Education (ISEF); his efforts led to the inclusion of a specific SP subject within the course’s syllabus in 1976 (Rial, 2007).

Little has been published regarding the early periods of SP in Costa Rica. It is known, however, that the field of psychology as a whole started around 1957, with the first psychologists graduating in 1966. After the foundation of the College of Social Sciences in the University of Costa Rica in 1974, professionals came from other countries, including the Chileans Santiago Quevedo and Armando Campos, who brought notions of SP to the psychologists of Costa Rica (Mora, 2010).

Along with Brazil, Cuba is one of the most influential countries for the field of SP in Latin America. The field started during the 1960s with the foundation of the Higher School of Physical Education “Manuel Fajardo” that already included a SP course, following the Soviet model for the development of sport sciences. A group of physical education teachers in this institution started working with SP with the assistance of Soviet sport psychologists, such as Petrovich, Radchenko and Medviedev, and published their first scientific paper in 1968. A SP department was created in Cuba’s Sports Medicine Institute in 1973, made up of 13 psychologists in the following year. Cuba had three psychologists for the World Boxing Championship of 1974, and four psychologists for the Pan-American Games of 1975; besides, Soviet authors developed investigations to promote SP in Cuba from 1974 to 1984 (Ucha, 2009).

In Mexico, the early records from SP date from the 1960s, when Isidro Galván worked with the Cruz Azul football team as well as the Mexican Football Team for the 1968 Olympic Games. In 1976, physician Dr. Octavio Rivas was hired by the Autonomous University of Mexico to work with their first-division football team, the Pumas, and adopted a psychological method (transactional analysis) to do so. During the late 1970s, Dr. Rivas also brought the field of SP to the Mexican Football Federation’s Training Center, teaching the subject entitled “Psychology applied to football.” In 1978, the first International Symposium of Sport Psychology took place in the Autonomous University of Nuevo León, and was attended by American psychologists (Rodríguez & Morán, 2010).

To summarize, this second period was characterized by the initial steps of most Latin American countries towards the development of the SP field (Figure 1). The main factor behind the growth of SP was the goal of improving sports performance, especially in football. The first SP events, such as congresses, conferences and symposiums, took place during this period, and some countries started to exchange professionals and their knowledge. A major step was taken by Chile, Ecuador, Venezuela and Brazil, when they founded their sport psychology societies (Table 2).

Third Period: Consolidation of SP (1980-2000)

The third period saw the outcomes from all the effort during the last decades. Meanwhile, three other countries, Paraguay, Puerto Rico and Guatemala, presented their first SP records.

In Brazil, the 1980s held a considerable increase in the number of organized SP events, scientific papers and books, graduate and undergraduate courses, and SP professionals. The First Brazilian and Latin American Con-

TABLE II
List of Latin American sport psychology societies and associations (1967-2015)

Year	Country	Association/Society
1967	Chile	Chilean Society of Sport Psychology
1970	Ecuador	Ecuadorian Society of Sport Psychology
1978	Venezuela	Venezuelan Society of Sport Psychology
1979	Brazil	Brazilian Society of Sport, Physical Activity and Recreation Psychology
1984	Colombia	Association of Sport Psychologists
1986	South America	South-American Society of Sport Psychology (SOSUPE)
1987	Mexico	Mexican Society of Sport Psychology
1989	Uruguay	Uruguayan Society of Sport Psychology
1989	Argentina	Argentinian Foundation of Psychology Applied to Sport (Name changes to Argentinian Association of Psychology Applied to Sport in 2002)
1992	Argentina	Metropolitan Association of Sport Psychology (Name changes to Argentinian Association of Sport Psychology in 2003)
1996	Chile	Chilean Association of Sport Psychologists
1999	México	Mexican Society of Sport and Physical Activity Psychology
1999	Bolivia	Bolivian Society of Physical Activity and Sport Psychology
2005	Spain	Iberoamerican Society of Sport Psychology (SIPD)
2006	Brazil	Brazilian Society of Sport Psychology
2006	Colombia	National Association of Specialists in Sport Psychology
2007	Cuba	Sport Psychology Section of the Cuban Society of Psychologists
2012	Puerto Rico	Puerto Rico's Sport Psychology Association
2013	Paraguay	Paraguayan Association of Sport Psychology
2014	Argentina	Sociedad Latinoamericana y del Caribe de Psicología de la Actividad Física y del Deporte (SOLCPAD)
2015	Brazil	Brazilian Association of Studies in Sport and Exercise Psychology

gress of Sport Psychology, in 1981, created the right conditions for the definite consolidation of SP in Brazil (Becker Júnior, 2001; Noce et al., 2016). A few years later, in 1986, the South American Society of Sport Psychology was founded in Brazil and included Argentina, Colombia, Ecuador, Chile and Uruguay, with Dr. Benno Becker Jr as president, who was also member of the ISSP managing council (1989-1997). Another step was the publication of the book *Sport Psychology* by Dietmar Samulski (2000), which became a national reference for teaching SP in Brazilian universities.

In Argentina, since the late 1970s, Stadium Magazine had been publishing national and international SP articles. Another important step was football club Vélez Sarsfield hiring a sport psychologist in 1981. However, some of SP's main achievements happened in Argentina in the 1990s, with the knowledge exchange coming from American and European professionals, as well as the Cuban Dr. Ucha; the foundation of two SP associations, in 1989 and 1992 (Table 2); creation of the first graduate course in Psychology Applied to Sports in the University of Buenos Aires (1993); and a major growth in SP applied work, with Oscar Mangione hired by Boca Juniors (1989-1994) and the work of Marcelo Roffé with the national youth team of football (Roffé & Giesenow, 2009).

In Bolivia, the field of SP started to expand after 1980. Three important names must be highlighted here: Mario Paz Biruet, a physical education teacher who wrote about SP; psychiatrist Dr. Core, who applied sport psychology in his work with swimming athletes; and psychologist Bismark Pinto Tapia, who lectured topics about SP at the university level and advised former athletes who were studying psychology in their SP-themed theses/dissertations. Moreover, Tapia also worked with the national football team for the 1994 World Cup. The I International Seminar of Physical Activity and Sport Psychology that took place in La Paz in 1999 was also an important event that assisted in the creation of the Bolivian Society of Physical Activity and Sport Psychology (SOBOPAD) that same year (Callejas, 2007).

In Chile, some of the major steps for the consolidation of SP happened in the 1990s. In 1994, a psychologist started working with the under-17 and under-23 national football teams; in 1995, the Chilean Enrique Aguayo became president of the South American Society of Sport Psychology (SOSUPE), eventually founding the Chilean Association of Sport Psychology in 1996 and promoting the fifth South-American Congress of Sport Psychology in Chile in 1997 (Esturillo & Garin, 2008). This event was also important for the creation of the SOSUPE's scientific journal (Becker Júnior, 2001).

After 1980, in Colombia, the investments of Maria Teresa Velásquez resulted in the inclusion of the psychologist Jorge Palacio into Bogotá's

sports board (Junta de Deportes) and the acquisition of motor, cognitive and psychological tests, which allowed psychology students to develop their practical internships in the field of SP. In 1984, the Colombian Association of Sport Psychologists (APSIDE) was founded, promoting, in 1989, an event for professional update in SP (Hernandez, 2008). However, during the 1990s, APSIDE came to an end, Sandra Yubelly García founded a group of SP from Bogotá (PSIBA), and the private company Professionals for High Performance (PAR LTDA) was founded. This company became of extreme importance for SP in Colombia (Hernandez, 2008).

During this period, in Ecuador, more specifically in 1999, the first Fourth Level Academic Program in Sport Psychology was created in the University of Central Ecuador, what is considered the most important milestone for SP in this country. This program allowed for the expansion of education and professional work in SP, which led to an expansion of professional insertion in their national structure of sports, and it is considered an important milestone for the field in Ecuador (Cedeño, 2012).

In Peru, the 1980s saw a growing interest of psychologists for SP; however, their work was more clinical, due to the lack of specific education for sports. Most advances occurred during the 1990s: a psychologist started working with University of Lima's football team; the first Peruvian SP book was published by Morinaga in 1992; La Torre investigated top Peruvian athletes from different sports in 1993; Leopoldo C. Molinari became the national football team's psychologist during the 1994 world cup qualification; in 1995, Dr. Ucha was hired to assist the Peruvian Institute of Sports; in 1996, the III International Sport Psychology Seminar was held in Lima; and in 1998, SP became part of the psychology course of two universities, and the first SP specialization was created (Romero, 2007).

In Uruguay, most of the SP expansion started after the foundation of the Uruguayan Society of Sport Psychology (SUPDE) in 1989. The SUPDE organized the first Uruguayan "Journeys" of Sport Psychology in 1990, the Introduction to Sport Psychology courses in 1991, and the first Uruguayan Congress of Sport Psychology. During this decade, SP was included in the ISEF's (Higher Institute of Physical Education) physical education program, in 1992, and in the psychology program of the University of the Republic in 1995 (Rial, 2007).

Very little has been published about the field of SP in Paraguay. According to Granados (2007), the First International Seminar of Medicine and Sport Psychology in 1995 marks the beginning of SP in this country, having the psychologist Omar Villareal Robkin as its pioneer.

In Cuba, the main advances in SP described by Ucha (2009) between 1980 and 2000 were the creation of the first graduate course in SP in the

Institute of Sports Medicine, in 1982, and the publication of the first Cuban book of SP in 1984, by Dorta Sasco, entitled *Notions of Physical Education and Sport Psychology*. Furthermore, scientific research became intensified during the late 1980's, especially after the first National "Journeys" of Sport Psychology, organized by the Institute of Sports Medicine in 1989. The following decade held the important First International Congress of School, Social and High Performance Psychology in 1997.

During this third period, the field of SP also had a major expansion in Mexico (Rodríguez & Morán, 2010). The National Autonomous University of Mexico's (UNAM) College of Psychology offered SP courses for sports coaches between 1981 and 1984, founding Mexico's first higher education SP course in 1987. Meanwhile, in 1984, Guadalajara University included SP in their physical culture and sports course. Guillermo Dellamary published a football-related SP book in 1986 and founded the Mexican Society of Sport Psychology in 1987. He was a member of the Managing Council of the International Society of Sport Psychology during two mandates (1993-2001). After 1988, the Mexican government started to include SP professionals to work with some of their national and Olympic teams.

The Autonomous University of Chihuahua opened a sport sciences master's program in 1990, having SP as one of its three research fields, and the I National Meeting of Sports Psychologists happened in the following year. Mexico's first International Congress of SP takes place in 1998, and a new society was founded in 1999, the Mexican Society of Sport and Physical Activity Psychology (PSIDAFI), with Claudia Rivas as president and promoting more congresses at the national level. Scientific publications, however, were still scarce (Rodríguez & Morán, 2010). This first really significant thrust cannot be dissociated from the role played by the masters' courses of the Spanish National University at a Distance (UNED), which formed many Mexican scholars and professionals, led by Dr. José María Buceta, which continues today.

After 1980, the field of SP also expanded through Guatemala and Puerto Rico. The first SP article from Guatemalan researchers was published in the Latin-American Journal of Psychology in 1985, having the participation of sport psychologists and organizations, such as the Autonomous Sport Confederation of Guatemala (Aguilar & Recinos, 1996). In Puerto Rico, a SP seminar took place in 1979 at the Interamerican University; due to the demands of athletes and physical education professionals, the Psychologists Association of Puerto Rico nominated a commission to develop the field of SP between 1982 and 1983; psychologists accompanied Puerto Rican athletes for the Center American and Caribbean Games; a SP-themed dissertation was completed at the University of Puerto Rico's master's in psychology

program in 1984; and SP research and application also grew, especially after 1990 (Baez-Avilla, 2006).

To summarize, the third period of SP in Latin America took some important steps in most countries, with the creation of SOSUPE and many other national societies of SP (Table 2), with new possibilities of being educated in SP through multiple Latin American universities, and with the development of SP research and application that expanded to more sports than football. Some countries started to direct some attention to exercise and physical activity's psychological aspects; however, the field was still predominantly focused on developing sports performance at many levels, especially for elite athletes.

Fourth Period: Recognition of the SP area (since 2000)

The majority of the available literature describing the history of SP throughout Latin American countries dates up to 2010, with not many events being specifically listed after the year 2000, with the exception of the continued editions of a variety of meetings, congresses and courses across the continent. Brazil seems to be an exception, with researchers publishing about Brazilian SP history and other aspects in more recent years (Noce et al., 2016; Queiroz et al., 2016; Tertuliano & Machado, 2019). In any case, the field continued to expand and became increasingly more recognized across Latin America (Rial, 2010), even thanks to a new international society founded in 2005, in partnership with Spain and Portugal, the Iberoamerican Society of Sport Psychology (SIPD) (Dosil, 2006). Furthermore, aspects of physical activity, exercise, well-being and health also started to emerge during this period.

In these recent times, the territorial organization of professional associations of psychologists have appeared (in Brazil, Chile, Argentina, Venezuela, Colombia, Ecuador and Peru), but affiliation is not mandatory for professional practice. In addition, these associations have been federated in the International Federation of Professional Psychologists (FIAP), associated with the Professional Organization of Portuguese Psychologist and the Spanish Professional College, which organizes international congresses and post-graduate courses.

In Brazil, the sport psychology profession became officially regulated by the Federal Council of Psychology in 2000 and 2001. Two new organizations were created: the Brazilian Association of Sport Psychology (ABRAPESP), founded in 2006 with Dr. Kátia Rubio as president (Vieira, Nascimento Jr, & Vieira, 2013), and the Brazilian Association of Studies in Sport and Exercise

Psychology (ABEPEEEx), founded in 2015 with Dr. Maria Regina Ferreira Brandão as president (Noce et al., 2016; Queiroz et al., 2016). Moreover, a study by Fiorese et al. (2019) revealed the contributions of SP-related institutional projects across Brazilian graduate programs of both physical education and psychology, showing that, while the SP area is much more present and greater in numbers in the physical education area, its institutional projects have been mainly focused on psychological aspects of exercise and quality of life, while the psychology area has investigated sports and its associations to health, education and social support.

In Argentina, another graduate program entitled “Psychology of physical activity and high-performance sports” became available in 2002, and SP became part of more undergraduate courses in sports. Books publication by Argentinian authors also increased in this period, as well as the organization of more meetings and congresses (Roffé & Giesenow, 2009).

In Bolivia, Callejas (2007) highlights the importance of the SP society founded in 1999 and the realization of a number of courses, seminars and congresses after the 2000s, aiming to strengthen the field of SP and provide quality education for its professionals, which expanded from football to other sports such as Taekwondo, swimming, basketball, tennis and athletics.

In Chile, the period post-2000 is characterized by a rise in the number of available SP subjects and courses in both physical education and psychology undergraduate and graduate courses across the country. The first ones were specialization courses, diploma and master’s degrees at the Diego Portales and Central Universities, directed by Dr. Alicia Romero, the last two being double degrees with the University of the Balearic Islands (Spain), co-directed by Dr. Alexandre Garcia-Mas. Those courses increased the interest of students and professionals for the field and, consequently, amplified and strengthened its application in sports in several areas, including specialized sport psychologists working in the Olympic Specialization Centers, such as Alexis López (Esturillo & Garin, 2008). In 2011, both of the country’s existing organizations (Table 2) unified under the name Chilean Society of Sport Psychology.

In Colombia, this more recent period has been marked by the creation of other SP private companies and the consolidation of the private company PAR LTDA, which organized a variety of events and developed and validated psychometric instruments for application in Colombia. The first specialization in SP was created; the first national SP books were published and the number of published scientific papers grew, as well as the field of physical activity and exercise psychology. In 2006, the National Association of Specialists in Sport Psychology was founded and the Colombian College of Psychologists created the Sport and Exercise Psychology division in 2007 (Hernandez, 2008).

In Ecuador, Cedeño (2012) states that, up until 2012, around 24 provincial federations and over 30 national sport federations had a specific budget designated for hiring SP professionals; however, many of these positions were either empty or occupied by foreign professionals, due to the lack of available SP specialized education programs.

In Peru, a SP course was created by Leopoldo Molinari at the University of Lima's College of Psychology, in 2002; a working group was created in 2003 to assist golfers of a private golf club; and performing a SP internship became possible for psychology students in Peru (Romero, 2007). This author also mentions that an important event for SP happened in 2006, the "Fondo Cristal Perú al Mundial," which brought international football personalities and the Argentinian sport psychologist Marcelo Roffé.

In Uruguay, the first second-level course of psychology applied to sports is created in 2002 at the University of the Republic; the Uruguayan Carlos Ferrés becomes president of SOSUPE in 2003 and the VII South-American Congress of SP is held in Uruguay in 2005, along with the III Uruguayan Congress of SP. In 2005, a specialization course of physical activity and sport psychology was approved at the University of the Republic, as well as an extension project with psychology students entitled "psychology of physical activity and health;" as a consequence, the field of SP that was initially centered around performance now started to also investigate health- and well-being-related aspects of physical activity and exercise psychology (Rial, 2007).

In Mexico, the applied field of SP expanded after the creation of a program called "Mexico's Full Commitment with its Athletes," which brought psychologists to work with the Mexican athletes for the 2000 and 2004 Olympic Games, and other sports started to also use SP, such as tennis, American football, swimming, synchronized swimming, golf, rhythmic gymnastics and auto racing. After the UNED courses, many undergraduate courses started being offered across Mexican universities, and three SP master's programs became available at the Football University (2002), the Autonomous University of Yucatán (2003), and the Autonomous University of Madrid-ITESO (2007). Furthermore, a book about SP and physical activity was published in 2005, and a book about health psychology in sports was published in 2006 (Rodríguez & Moran, 2010). A major push was the consolidation of a federal research network (REDECCA) coordinated by the Autonomous University of Nuevo Leon, directed by Dr. López-Walle, which has produced a large number of research and publications in relation to Mexican standards. In addition, the UANL, through its Faculty of Sports Organization, teaches a Master of Sports Psychology, officially accredited since 2014.

Some important steps were also taken in Central American and Caribbean countries. In Costa Rica, sport psychologists started to work with the national football teams in 2012, including referees, under-15 to under-23, and futsal and beach football teams (Bonilla, 2016). The Costa Rican Journal of Psychology published a volume dedicated to SP in 2015 (Cantón & Vilalobos-Pérez, 2015).

In Puerto Rico, the Puerto Rico's Sport Psychology Association was founded in 2012. In Guatemala, the Unit of Medicine and Sciences Applied to Sport was announced in 2015, which allows sport psychologists be part of a multiprofessional team to assist performance sports in the country (FEDÉRATE, 2015). In Cuba, among many education possibilities, research activities and direct SP application continued to grow after the 2000s, the Cuban Society of Psychologists created the specific Sport Psychology Section in 2007 (Ucha, 2009).

Discussion and conclusions

In the present paper, we described and reflected upon the history of SP in Latin America, evidencing that its early records preceded the ISSP's foundation. Historical records from the 1930s and 1940s in Brazil and Argentina show that physical education and psychology professionals made individual efforts to develop their knowledge in the field and improve sports performance, driven mainly by the needs of elite football.

Still, the creation of the ISSP in 1965 was an important milestone for the field of SP in Latin America, influencing the development of many other SP associations and societies. Later on, the foundation of the SOSUPE was a determining factor for developing the field, along with the engagement of universities to provide formal education for these professionals at a variety of levels. More recently, the creation of the SIPD has also been an important step towards developing SP in Latin America.

Many aspects are common among all of these countries. For example the search for improved sports performance, especially football; however, other aspects diverge from country to country. While most Latin American countries derived their knowledge from European and American authors, Spanish professionals were more influential over Spanish-speaking countries; due to political reasons, Cuba was the main exception, bringing knowledge from the Soviet Union that later influenced the rest of Latin America. Coming from the background of a strong field of psychology, SP in Argentina had its roots in the psychology area, while SP started to develop from physical education in most other countries, and even outside the sports sciences in some cases.

Regarding its current state, it is possible to perceive a lack of qualified professionals who received specialized education for the field of SP, which may also be reflected upon the relatively small scientific production. As a whole, SP encompasses three main areas: professional intervention and application, education, and the production of knowledge through scientific research. In this sense, the number of qualified personnel to work and develop all three of these roles is still insufficient. Another important aspect to be taken in consideration is the complexity of the SP field, which derives its knowledge from psychology, sport sciences and the sport itself, requiring its professional to be as well educated in all three areas as possible.

When it comes to scientific research, as noted in most of these countries, publications in mainstream journals written in English have always been very few in relation to other psychology areas, and publishing SP papers in general psychology journals with an Impact Factor (IF) as well as other consolidated sport sciences journals can be difficult to reach. In this sense, the *Revista de Psicología del Deporte* (Journal of Sport Psychology), which obtained an IF in 2004 and is edited in Spanish, has been the main publication vector for Latin American researchers, later accompanied by the Spanish *Revista Iberoamericana de Psicología de la Actividad Física y el Deporte*, and the *Cuadernos de Psicología del Deporte*, highlighting the importance of having specific journals where Portuguese- and Spanish-speaking SP researchers can publish their studies.

REFERENCES

- Abdo, E. (2000). *Psicología do esporte no Brasil* [Sport psychology in Brazil]. In K. Rubio (Ed.), *Encontros e desencontros: Descobrimos a psicologia do esporte*. São Paulo: Casa do Psicólogo.
- Aguilar, G., & Recinos, L. A. (1996). Historia y estado actual de la psicología em Guatemala [History and current state of psychology in Guatemala]. *Revista Latinoamericana de Psicología*, 28(2), 197-232.
- Báez-Ávila, L. (2006). Una mirada a la investigación de la psicología deportiva en Puerto Rico: recorrido de los últimos 20 años [A look at the research of sports psychology in Puerto Rico: a journey of the last 20 years]. *Revista Puertorriqueña de Psicología*, 17, 551-569.
- Becker Júnior, B. (2001). La psicología del ejercicio y del deporte en Brasil y América del Sur [The psychology of exercise and sport in Brazil and South America]. *Revista de Psicología del Deporte*, 10(2), 249-253.
- Bonilla, L. D. H. (2016). La psicología del deporte en selecciones de fútbol de Costa Rica: experiencias y reflexiones [The psychology of sport in soccer teams in Costa Rica: experiences and reflections]. *Revista de Psicología Aplicada al Deporte y al Ejercicio Físico*, 1(e5), 1-10. doi: 10.5093/rpadef2016a5
- Callejas, A. (2007). Inicios de la psicología deportiva en Bolivia [Beginnings of sports psychology in Bolivia]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 2(1), 115-120.
- Cantón, E. & Villalobos-Pérez (Eds.). (2015). *Psicología del deporte* [Sports Psychology]. *Revista Costarricense de Psicología*, 34(2), 57-129.

- Carvalho, C. A. (2008). Psicología do esporte: Percurso e possibilidade de atuação [Sport Psychology: Course and interventions possibility]. *Ciências Humanas em Revista*, 6, 1-10.
- Cedeño, J. G. (2012). *Programa de afrontamiento ante el Jet Lag diseñado con metodología vivencial y participativo con deportistas de Pentatlón Militar* [Coping program against Jet Lag designed with an experiential and participatory methodology with athletes from the Military Pentathlon]. 187p. Masters in Psychological Sciences, Universidad Central del Ecuador, Quito.
- Dosil, J. (2006). Reflexiones sobre la psicología del deporte en Iberoamérica: la SIPD [Reflections on sport psychology in Latin America: the SIPD]. *Cultura, Ciencia y Deporte*, 2(5), 95-97.
- Esturillo, R. A. C., & Garin, M. H. (2008). La psicología del deporte en Chile [Sport psychology in Chile]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 3(1), 109-120.
- FEDERATE, Publicación del Deporte Guatemalteco. (2015). Guatemala.
- Fiorese, L., Rodacki, A. L. F., Caruzzo, N. M., Moreira, C. R., Contreira, A. R., Lima, A. M., Fortes, L. S., Vissoci, J. R. N., & Stefanello, J. M. F. (2019). Sport and exercise psychology studies in Brazil: performance or health? *Frontiers in Psychology*. doi:10.3389/fpsyg.2019.02154
- García, S. Y. (2004). *Construyendo psicología del deporte* [Building sports psychology]. Bogotá D.C.: Lukas Editores.
- Garrot, C. (1937). *Psicología del fútbol* [Football psychology]. Buenos Aires: Autor.
- Granados, S. H. B. (2007). La psicología del deporte: una perspectiva hispanoamericana [Sports psychology: a Hispano-American perspective]. *MedUNAB*, 10, 57-62.
- Hernandez, J. A. E. (2011). João Carvalhaes, um psicólogo campeão do mundo de futebol [João Carvalhaes, [A soccer World Champion psychologist: Joao Carvalhaes]. *Estudos e Pesquisas em Psicologia*, 11(3), 1027-1049.
- Hernández, L. H. S. (2008). Historia de la psicología del deporte en Colombia [History of sports psychology in Colombia]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 3(2), 277-300.
- Leporati, A. (1970). *Psicología y deporte. Un estudio exploratorio* [Psychology and sport. An exploratory study]. Santiago, Chile: Facultad de Filosofía y Educación, Universidad de Chile.
- Mora, D. F. (2010). La psicología en la universidad de Costa Rica: 35 aniversario de la facultad de ciencias sociales [Psychology at the University of Costa Rica: 35th anniversary of the Faculty of Social Sciences]. *Reflexiones*, 89, 223-226.
- Noce, F., Vieira, L. F., & Costa, V.T. (2016). Brazil. In R. J. Schinke, K. R. McGannon, B. Smith (Ed.) *Routledge International Handbook of Sport Psychology* (pp. 57-64). Taylor & Francis Group: New York.
- Queiroz, F. S., Fogaça, J. L., Hanrahan, S. J., & Zizzi, S. (2016). Sport psychology in Brazil: reflections on the past, present, and future of the field. *International Journal of Sport and Exercise Psychology*. doi: 10.1080/1612197X.2016.1154090
- Rial, C. F. (2007). La psicología de la actividad física y el deporte en el Uruguay: antecedentes y proyecciones [The psychology of physical activity and sport in Uruguay: background and projections]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 2(2), 95-100.
- Rial, C. F. (2010). La psicología del deporte en América del Sur: historia, situación actual y perspectivas [Sports psychology in South America: history, current situation and perspectives]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 5(2), 299-306.
- Rodríguez, M. P., & Morán, C. (2010). Historia de la psicología del deporte en México [History of sports psychology in Mexico]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 5(1), 117-134.
- Roffé, M., & Giesenow, C. (2009). La psicología del deporte en Argentina: pasado, presente y futuro [Sports psychology in Argentina: past, present and future]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 4(1), 123-134.
- Romero, D. N. (2007). Historia de la psicología del deporte en el Perú [History of sports psychology in Peru]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 1(2), 121-130.

- Samulski, D. (2000). *Psicologia do Esporte* [Sport Psychology]. São Paulo: Manole.
- Tertuliano, I. W.; & Machado, A. A. (2019). Psicologia do esporte no Brasil: conceituação e o estado da arte [Sport psychology in Brazil: conceptualization and the state of the art]. *Pensar a Prática*, 22, 1-9. doi:10.5216/rpp.v22.53382
- Ucha, F. G. (2009). Historia y actualidad de la psicología del deporte en Cuba [History and current situation of the psychology of sport in Cuba]. *Revista Iberoamericana de Psicología del Ejercicio y el Deporte*, 4(2), 307-316.
- Vieira, L. F., Nascimento Jr, J. R. A., & Vieira, J. L. L. (2013). O estado da arte da pesquisa em psicologia do esporte no Brasil [The state of the art of research in sport psychology in Brazil]. *Revista de Psicología del Deporte*, 22, 501-507.
- Vieira, L. F., Vissoci, J. R. N., Oliveira L., & Vieira J. L. L. (2010). Psicologia do esporte: Uma área emergente da psicologia [Sport psychology: An emerging area of psychology]. *Psicologia em Estudo*, 15, 391-399. doi: 10.1590/S1413-73722010000200018