



José Carlos Jaenes is a graduate and PH.D. in Psychology. Professor at the University Pablo de Olavide, he teaches Sport Psychology and Physical Activity in the Sport Sciences Faculty, and in several Ph.D. Programs of High Performance in Sports in Spain, México and Chile. He is the director of the Erasmus + European Project PsyTool "*Sport Psychology as a strategic tool for prevention and training on grassroots sports*" along with 13 European partners.

Sport Psychologist in the Andalusian Center of Sport Medicine (CAMD) where he works face to face with athletes and coaches, especially in Rowing, Canoeing, Track and Field, Football, Taekwondo and Swimming among other sports. He has been working as Sport Psychologist in Olympic Games, World, European and Spanish Championships and the Caribbean Games with PSICOPUR (Puerto Rico Sport Psychologist Team). Dr. Jaenes has published journal articles, book chapters in the area of Sport and Exercise Psychology. He also published two books on Psychological Preparation for marathon runners. He has given more than 25 invited presentations in Spain, Europe, Puerto Rico, America and the Philippines.

He has been Vicepresident of the Spanish Federation and he has organized more than 20 international events among Seminars, and

Congresses of Sport Psychology. He loves running.

