

27th INTERNATIONAL TEACHING WEEK



Faculty of Physical
Culture
Palacký University
Olomouc

13th – 17th April 2026



Alan Ringland

Munster Technological University,
IRELAND

Alan is a lecturer and consultant in Sport Psychology and Physical Education. He enjoys the challenges that both environments provide and creating solutions for individuals, teams, coaches, and organisations on how to achieve more than their best in every way. Alan currently works at Munster Technological University as a lecturer. He regularly coaches tennis and badminton, and recently has been involved in visually impaired tennis. In his consultancy role, he was the Irish team psychologist for the 2012 and 2008 Paralympic Games. He has also worked with teams and athletes across various age groups at European, World, and Olympic levels in sports such as hockey, athletics, equestrian, Gaelic football, hurling, and soccer. He enjoys movies, playing golf when the weather is good, and walking his two dogs on the nearby beach.

Alan's Topics for the 27th International Teaching Week:

- **Sport Psychology – Working with Teams**
- **Mental Health Issues in Sport**
- **APA Boccia**