

**1<sup>st</sup> International Conference for the Spectrum of Teaching Styles: Improving  
Education Together**

**Celebrating 60 Years of the Spectrum of Teaching Styles**

Ancient Olympia, Greece, May 6-9, 2026

**Conference Program at a Glance**

**Wednesday 6, May 2026**

14.00: Departure buses to Olympia from Syntagma Square (Filellinon Street), Athens.

19.00: Estimated arrival in Ancient Olympia and taking care of your room and belongings.

20.00: Opening ceremony and dinner. Venue: Scymiczek Hall and IOA restaurant.

Please note that all presentations, keynote and poster presentations will take place in the main amphitheater of IOA. Coffee breaks will take place just outside the amphitheater and poster sessions are organized in the same location. Each oral presentation is expected to last no more than 15 minutes, including questions/answers.

**Thursday 7 May 2026**

7.00 – 7.30	Morning Tai Chi with Robin and Min (Venue: IOA soccer field)
7.30 – 8.30	Breakfast
9.00 – 10.15	Session 1 – Oral Presentations: <b>Foundations and Evolution of the Spectrum of Teaching Styles</b>
10.15 – 11.15	Keynote 1. Pamela Kulinna & Donetta Cothran: <b>Scholarship, Friendship, and the Spectrum of Styles around the World</b>
11.15– 11.45	Poster Session 1 with Coffee Break: <b>Teacher Education and Preservice Development, Student Experience, and Engagement and Short Interventions</b>
11.45 – 12.30	Roundtable 1. <b>Relevance of the Spectrum of Teaching Styles with the Promotion of Lifelong Learning Physical Activity</b>
12.30 – 14.00	Session 2 – Oral Presentations: <b>Spectrum in Teacher Education and Professional Practice</b>
14.00 – 15.00	Lunch
15.00 – 16.30	Session 3 – Oral Presentations: <b>Learner-Centered Approaches and Student Development</b>

16.30 – 17.30	Keynote 2. Nigel Green: <b>Physical Literacy through the Spectrum: A Pedagogical Framework for Holistic Development in Physical Education</b>
17.30– 17.45	Coffee Break
17.45 – 19.30	Session 4: <b>Pedagogical Innovations and Application of Teaching Styles</b>
20.00 – ...	Dinner Free time to visit the Olympia village (10-minute walk), enjoy the evening, buy souvenirs etc.

#### Friday 8 May 2026

7.00 – 7.30	Morning Tai Chi with Robin and Min (Venue: IOA Soccer Field)
7.30 – 8.30	Breakfast
9.00 – 10.30	Session 5: <b>Teaching Styles and Cognitive Mechanisms in Action</b>
10.30 – 11.30	Keynote 3. Marios Goudas: <b>Students’ Motivation in Physical Education and the Spectrum of Teaching Styles: Linking Research Lines</b>
11.30 – 12.00	Poster Session 2 with Coffee Break: <b>Teaching Styles, Motivation, and Student Experience: Contemporary Research on the Spectrum in Physical Education</b>
12.00 – 13.00	Session 6: <b>Context, Inclusion, Justice, and Future Directions</b>
13.00 – 13.45	Roundtable 2. <b>The Institute and its Mission: Our Challenges and Aspirations for the Coming Years</b>
13.45 – 15.00	Lunch
16.00 – 19.00	<b>Guided tour of Ancient Olympia – visiting the archaeological site and museum</b>
20.00	Conference Closure & Dinner

#### Saturday 9 May 2026

6.00 – 7.00	Breakfast
7.00	Buses depart for Syntagma Square (Athens) from Olympia. Buses will go directly to Athens’ airport first to drop off those who leave early and then return to the center of Athens for those who would like to spend one more day in Greece
~12.00	Estimated arrival at Athens airport

Note: Please keep in mind that some of the above information may change (minor changes), but we will keep you updated. Further details will be provided when necessary.

## Detailed Scientific Conference Program

Thursday 7 May 2026

9:00-10:15

**Session 1 Oral Presentations**

CONGRESS ROOM: AMPHITHEATER

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### FOUNDATIONS AND EVOLUTION OF THE SPECTRUM OF TEACHING STYLES

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Chair/Discussant: **Nikolaos Digelidis**

- ***The Evolution of the Spectrum of Teaching Styles and the Potential of the Theory***  
Digelidis, N.
- ***The Spectrum of Teaching Styles in Physical Education. A Systematic Review***  
Álvarez-Rodríguez, E. & Calero-Cano, J.C.
- ***Tracing Transformation: Two Decades of the Spectrum of Teaching***  
Kim, J. & Nam, K.
- ***Mapping the Belief–Practice Gap in the Spectrum Teaching Styles: Perspectives from Chinese Physical Education Teachers***  
Liu, D., Kulinna, P.H., Kim, J., & Min, H.
- ***The Legacy of the Spectrum of Teaching Styles: Co-orchestrating a Symphony to Advance Holistic Development in Physical Education***  
Chang, C.W.

Thursday 7 May 2026

10:15-11:15

**Keynote 1**

CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Mark Byra**

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### SCHOLARSHIP, FRIENDSHIP, AND THE SPECTRUM OF STYLES AROUND THE WORLD PAMELA KULINNA & DONETTA COTHRAN

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Thursday 7 May 2026

11:15-11:45

**Poster Session 1 with Coffee Break**

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### TEACHER EDUCATION, PRESERVICE DEVELOPMENT, STUDENT EXPERIENCE, AND ENGAGEMENTS AND SHORT INTERVENTIONS

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<ul style="list-style-type: none"> <li>• <b><i>From Reproduction to Production: Integrating the Spectrum of Teaching Styles and Cooperative Learning in ESOL Teacher Preparation</i></b> Sildus, T. I.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Teachers' Self-Reported Use and Perceptions of Mosston and Ashworth's Teaching Styles in Finnish Physical Education</i></b> Jaakkola, T., Huhtiniemi, M., &amp; Watt, A.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>The Role of Teaching Styles within Models-Based Instruction in Teacher Preparation: A Curriculum-Wide Approach</i></b> Armstrong, T. L., Johnson, I. L., &amp; Fetterley, R.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>An Investigation into Preservice Teachers' Knowledge &amp; Understanding of the Spectrum of Teaching Style</i></b> Naik, S. A.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>When Teaching Style Meets Content: Who Uses What, When, and Why? – A Preliminary Study</i></b> Chen, Y.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>The Mosston &amp; Ashworth Spectrum as a Basis for Designing Differentiated Learning Experiences in the Kindergarten Curriculum</i></b> Pappa, A., &amp; Sakellariou, M.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Students' Perception of Teaching Styles According to its Implementation Order in Physical Education Lessons Based on Non-opposition Sports</i></b> Romero-Parra, N.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>A Dialogical Rebirth of Mosston's Spectrum of Teaching Styles</i></b> Demirhan, G.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>The discovery-oriented end of the Spectrum of Teaching Styles in North Macedonia physical education: PE teachers' perspectives</i></b> Klincharov, I., Popevska, B., &amp; Spasikj, J.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>From Inclusion to Learner-Initiated: Developing Self-Regulated Learning Through Mosston's Spectrum of Teaching Styles in Senior High School Physical Education Course</i></b> Liu, Y.M., &amp; Shy, D.Y.</li> </ul>

Thursday 7 May 2026

11:45-12:30

**Roundtable 1**

CONGRESS ROOM: AMPHITHEATER

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**RELEVANCE OF THE SPECTRUM OF TEACHING STYLES WITH THE PROMOTION OF  
LIFELONG LEARNING PHYSICAL ACTIVITY**

CO-ORDINATORS: BYRA, M., PAPAIOANNOU, A., CARRARO, A.

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Thursday 7 May 2026

12:30-14:00

## SPECTRUM IN TEACHER EDUCATION AND PROFESSIONAL PRACTICE

Chair/Discussant: Pamela Kulinna &amp; Donetta Cothran

- ***Developing Teacher Education: Experiences of an Early-Career Physical Education Teacher Educator***  
Sun, C. T.
- ***Mosston's Spectrum in Korean and Chinese Physical Education: Examining Belief–Ability–Use Pathways through Social Cognitive Theory***  
Kim, J., Kulinna, P., Albaloul, O., Liu, D., Min, H., & Cothran, D.
- ***Using Empirical Spectrum Research to Guide Undergraduate Program Decision Making***  
Parkes, C., & Holden, S. L.
- ***Creation and Impact of a Multi-Year Developmental Progression Immersion: Phase 1***  
Zagrodnik, J. A., & Ward, J. K.
- ***Relationship between Preservice Physical Education Teachers' Perceptions and Critical Thinking Dispositions***  
Çınargür, Z., & Arslan, Y.

Thursday 7 May 2026

15:00-16:30

## LEARNER-CENTERED APPROACHES AND STUDENT DEVELOPMENT

Chair/Discussant: Vassilis Barkoukis

- ***Effect of Teaching Styles on Students' Beliefs and Behaviours: A Mapping Review***  
Ourda, D., & Barkoukis, V.
- ***Effects of an Integrated Teaching Styles Intervention on Fitness and Self-Perception***  
Monacis, D., Pascali, G., & Colella, D.
- ***Advancing Social and Personal Skills through the Spectrum in Japanese Physical Education***  
Haneishi, H., Okade, Y., Matsumoto, T., Ito, M., Curtner-Smith, M., & Nkala, B.
- ***Social and Emotional Learning as a Relational Mechanism within the Spectrum of Teaching Styles***  
Wu, P. Y., Wei, F. M., & Shy, D. Y.
- ***Promoting Physical Literacy through the Spectrum***  
Gorozidis, G. S. & Sympas, I. K.

<ul style="list-style-type: none"> <li>• <b><i>Spectrum of Teaching Styles with Very Young Children</i></b> Sääkslahti, A.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Connecting Style F with Teaching Games for Understanding: A Short-term Intervention with Pre-service Teachers</i></b> Lee M., Simonton, K. L., Shiver, V. N., Vasquez, M., Paterson, J., &amp; Hubona, O.</li> </ul>

Thursday 7 May 2026	16:30-17:30
<b>Keynote 2</b>	CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Robin Deng-Yau Shy**

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**PHYSICAL LITERACY THROUGH THE SPECTRUM: A PEDAGOGICAL FRAMEWORK FOR  
HOLISTIC DEVELOPMENT IN PHYSICAL EDUCATION**

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NIGEL GREEN

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Thursday 7 May 2026	17.30 – 17.45
<b>Coffee Break</b>	

Thursday 7 May 2026	17.45 – 19.30
<b>Session 4 Oral Presentations</b>	CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Brendan SueSee**

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**PEDAGOGICAL INNOVATIONS AND TEACHING APPLICATION OF TEACHING STYLES**

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<ul style="list-style-type: none"> <li>• <b><i>Effects of Spectrum Knowledge on Teachers Implementing Game Based Approach (GBA)</i></b> SueSee, B., Pill, S., &amp; Davies, M.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Scaffolded Spectrum within Sport Education: Peer Teaching and Self-Determination Theory</i></b> Wei, M., Liu, H., &amp; Hastie, P.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Applying The Spectrum of Teaching Styles to Health Content</i></b> Mellor, C., &amp; Bryant, L. G.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Innovating Martial Arts Pedagogy: A Gradual Empowerment Approach</i></b> Liu, I. C., &amp; Chang, C. W.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Layering Physical Literacy Informed Practice to the Spectrum</i></b> Rhys Jones, K.</li> </ul>

- ***Guided Discovery, Reciprocity, and Inclusion in Sport Education***  
He, W., Mao, W., Liu, H., Rhoades, J., & Walch, T.
- ***Teaching Styles in HIIT and Their Influence on Exercise Adherence: A Qualitative Video-Based Study***  
Claro, J., Gomes, L., Gil, P., & Carreiro da Costa, F.

Friday 8 May 2026

Friday 8 May 2026	9.00 – 10.30
<b>Session 5 Oral Presentations</b>	<b>CONGRESS ROOM: AMPHITHEATER</b>

Chair/Discussant: **Maria Espada Mateos**

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**TEACHING STYLES AND COGNITIVE MECHANISMS IN ACTION**

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- ***Reciprocal Teaching Style: How to Increase Student Situational Interest?***  
Lentillon-Kaestner, V., & Roure, C.
- ***From Self-Check to Reciprocal Teaching: Enhancement of Self-Transcendence Goals***  
Lygourioti M. E., & Papaioannou, A. G.
- ***Unpacking Peer Feedback in the Reciprocal Style: Qualitative Analysis in Volleyball***  
Çınargür, H.E, Cetin, U.B., & Erturan, G.
- ***Underlying Mechanisms of Command, Practice and Self-check Styles: The role of executive functions and performance calibration***  
Kolovelonis, A., & Sympas, I. K.
- ***Exploring Teachers' Experiences of Teaching Life Skills through Mosston's Spectrum of Teaching Styles***  
Ito, M., Haneishi, K., Curter-Smith, M., Nkala, B., Matsumoto, T., & Okade, Y.

Friday 8 May 2026	10:30 – 11.30
<b>Keynote 3</b>	<b>CONGRESS ROOM: AMPHITHEATER</b>

Chair/Discussant: **Athanasios Papaioannou**

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**STUDENTS' MOTIVATION IN PHYSICAL EDUCATION AND THE SPECTRUM OF  
TEACHING STYLES: LINKING RESEARCH LINES  
MARIOS GOUDAS**

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Friday 8 May 2026

11.30 – 12.00

**Poster Session 2 with Coffee Break**

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**TEACHING STYLES, MOTIVATION, AND STUDENT EXPERIENCE: CONTEMPORARY  
RESEARCH ON THE SPECTRUM IN PHYSICAL EDUCATION**

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- ***Spectrum of Teaching Styles and Teachers' Motivating and Demotivating Styles: A Self-Determination Theory Perspective***  
Huhtiniemi, M., Jaakkola, T., & Watt, A.
- ***Kuwaiti Physical Education Teachers' Reported Use and Perceptions of Mosston and Ashworth's Spectrum of Teaching Styles***  
Albaloul, O., Kulinna, P., Kim, J., & Cothran, D.
- ***Enhancing College Students' Motivation within the Spectrum Teaching Styles and Augmented Reality App***  
Estrada-Oliver, L., & Amaral-Figueroa, M.
- ***University Students' Perceptions of the Spectrum of Teaching Styles in Physical Education after an Escape Room-Based Intervention***  
Fernández-Rivas, M., & Calero-Cano, J. C.
- ***The Teaching Style Toolbox: Pick the Right Tool at the Right Time***  
Mackinney, R.
- ***Enhancing Lesson Satisfaction in Physical Education through the Integration of Jigsaw and Reciprocal Teaching Style***  
Chatzipanteli, A., Klouvatos, N., & Fotiadis, A.
- ***The Effectiveness of the Reciprocal Teaching Style on Students' Enjoyment when Learning Game Rules in Physical Education***  
Chatzipanteli, A., Klouvatos, N., & Fotiadis, A.
- ***Understanding How Student Teachers Approach the Spectrum: A Cluster-Analytic Examination of Motivation and Style-Specific Beliefs***  
Syrmpas, I. K., Kromydas, C., Gorozidis, G. S., & Digelidis, N.
- ***Exploring Teachers' Experiences of Teaching Life Skills through Mosston's Spectrum of Teaching Styles***  
Liu, I. C., & Chang, C. W.

Friday 8 May 2026

12.00 – 13.00

**Session 6 Oral Presentations**

Chair/Discussant: **Feng-Min Wei**

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**CONTEXT, INCLUSION, JUSTICE, AND FUTURE DIRECTIONS**

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<ul style="list-style-type: none"> <li>• <b><i>Teaching for Social Justice: Impact of the Spectrum on In-Service Physical Education Teachers</i></b> Haneishi, H., Okade, Y., Matsumoto, T., Ito, M., Curtner-Smith, M., &amp; Nkala, B.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Fostering Social Justice and Inclusion in Physical Education for Today's Polarized Society</i></b> Haneishi, H., Okade, Y., Matsumoto, T., Ito, M., Curtner-Smith, M., &amp; Nkala, B.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Teacher and Student Interactions: A Case Study in Japanese Junior High Physical Education</i></b> Haneishi, H., Okade, Y., Matsumoto, T., Ito, M., Curtner-Smith, M., &amp; Nkala, B.</li> </ul>
<ul style="list-style-type: none"> <li>• <b><i>Assessment for Learning and Learner Independence within the Spectrum</i></b> Yang, H. W., &amp; Shy, D. Y.</li> </ul>

Friday 8 May 2026	13:00-13:45
<b>Roundtable 2</b>	CONGRESS ROOM: <b>AMPHITHEATER</b>

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**THE INSTITUTE AND ITS MISSION: OUR CHALLENGES AND ASPIRATIONS FOR THE  
COMING YEARS**

CO-ORDINATORS: SITL BOARD OF DIRECTORS

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