

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: Buses' departure to Olympia from Syntagma Square (Filellinon Street 12, 105 57 Athens). Please be at least half an hour before. Meeting point for buses' departure: <https://maps.app.goo.gl/kyeMdjRcJy3ZtqhH9>

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

20.00: Opening ceremony. Venue: Scymiczek Hall.

Welcoming address

Nikolaos Digelidis

Professor, SITL President & Congress Director

Through Sport, We Can Change the World: From Olympic Values to the Spectrum of Teaching Styles

Yannis Theodorakis

Professor, Member of the University of Thessaly Managing Council

The International Olympic Academy and its Mission

Konstantinos Georgiadis

Professor, Dean of the IOA

21.00: Dinner

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 for no more than 15 minutes, including questions/answers.

YouTube streamline

The main two days of the Conference will be streamlined live through YouTube channel for those who couldn't make it with us. In case you would like to follow the Conference from a distance, these are the links you need to use accordingly:

Day 1, Thursday 7, 2026 (live streaming in YouTube will start after 9.00am, Greek time): https://youtube.com/live/fyfU_mMN0RA?feature=share

Day 2, Friday 8, 2026 (live streaming in YouTube will start after 9.00am, Greek time): <https://youtube.com/live/O2prZM6q00M?feature=share>

Time is provided in local hours. Greece is currently observing Eastern European Summer Time (EEST) (UTC/GMT +3).

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: Foundations and Evolution of the Spectrum of Teaching Styles
10.15 – 11.15	Keynote 1. Pamela Kulinna & Donetta Cothran: Scholarship, Friendship, and the Spectrum of Styles around the World
11.15– 11.45	Poster Session 1 with Coffee Break: Teacher Education and Preservice Development, Student Experience, and Engagement and Short Interventions
11.45 – 12.30	Roundtable 1. Relevance of the Spectrum of Teaching Styles with the Promotion of Lifelong Learning Physical Activity
12.30 – 14.00	Session 2 – Oral Presentations: Spectrum in Teacher Education and Professional Practice
14.00 – 15.00	Lunch
15.00 – 16.30	Session 3 – Oral Presentations: Learner-Centered Approaches and Student Development
16.30 – 17.30	Keynote 2. Nigel Green: Physical Literacy through the Spectrum: A Pedagogical Framework for Holistic Development in Physical Education
17.30– 17.45	Coffee Break
17.45 – 19.30	Session 4: Pedagogical Innovations and Application of Teaching Styles
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: Teaching Styles and Cognitive Mechanisms in Action
10.30 – 11.30	Keynote 3. Marios Goudas: Students' Motivation in Physical Education and the Spectrum of Teaching Styles: Linking Research Lines
11.30 – 12.00	Poster Session 2 with Coffee Break: Teaching Styles, Motivation, and Student Experience: Contemporary Research on the Spectrum in Physical Education
12.00 – 13.00	Session 6: Context, Inclusion, Justice, and Future Directions
13.00 – 13.45	Roundtable 2. The Institute and its Mission: Our Challenges and Aspirations for the Coming Years
13.45 – 15.00	Lunch
16.00 – 19.00	Guided tour of Ancient Olympia – visiting the archaeological site and museum
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

Detailed Scientific Conference Program

Thursday 7 May 2026	9:00-10:15
Session 1 Oral Presentations	CONGRESS ROOM: AMPHITHEATER

FOUNDATIONS AND EVOLUTION OF THE SPECTRUM OF TEACHING STYLES

Chair/Discussant: **Nikolaos Digelidis**

<ul style="list-style-type: none">• <i>The Evolution of the Spectrum of Teaching Styles and the Potential of the Theory</i> Digelidis, N.
<ul style="list-style-type: none">• <i>The Spectrum of Teaching Styles in Physical Education. A Systematic Review</i> Álvarez-Rodríguez, E. & Calero-Cano, J.C.
<ul style="list-style-type: none">• <i>Tracing Transformation: Two Decades of the Spectrum of Teaching</i> Kim, J. & Nam, K.
<ul style="list-style-type: none">• <i>Mapping the Belief–Practice Gap in the Spectrum Teaching Styles: Perspectives from Chinese Physical Education Teachers</i> Liu, D., Kulinna, P.H., Kim, J., & Min, H.
<ul style="list-style-type: none">• <i>Exploring student coaches’ pedagogical knowledge and practices – A preliminary study</i> Kılıç, K. K., Öztürk Kızılkaya, R., Müjdecı, I., & Bulut, A. B.

Thursday 7 May 2026	10:15-11:15
Keynote 1	CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Mark Byra**

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

Thursday 7 May 2026	11:15-11:45
Poster Session 1 with Coffee Break	

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

<ul style="list-style-type: none">• <i>From Reproduction to Production: Integrating the Spectrum of Teaching Styles and Cooperative Learning in ESOL Teacher Preparation</i> Sildus, T. I.
<ul style="list-style-type: none">• <i>Teachers’ Self-Reported Use and Perceptions of Mosston and Ashworth’s Teaching Styles in Finnish Physical Education</i> Jaakkola, T., Huhtiniemi, M., & Watt, A.

<ul style="list-style-type: none"> • <i>The Role of Learning Styles within Models-Based Instruction in Teacher Preparation: A Curriculum-Wide Approach</i> Johnson, I. L., & Fetterley, R. Armstrong, T. L.
<ul style="list-style-type: none"> • <i>An Investigation into Preservice Teachers' Knowledge & Understanding of the Spectrum of Teaching Style</i> Naik, S. A.
<ul style="list-style-type: none"> • <i>When Teaching Style Meets Content: Who Uses What, When, and Why? – A Preliminary Study</i> Chen, Y.
<ul style="list-style-type: none"> • <i>The Mosston & Ashworth Spectrum as a Basis for Designing Differentiated Learning Experiences in the Kindergarten Curriculum</i> Pappa, A., & Sakellariou, M.
<ul style="list-style-type: none"> • <i>Students' Perception of Teaching Styles According to its Implementation Order in Physical Education Lessons Based on Non-opposition Sports</i> Romero-Parra, N.& Polo-Recuero, B
<ul style="list-style-type: none"> • <i>A Dialogical Rebirth of Mosston's Spectrum of Teaching Styles</i> Demirhan, G.
<ul style="list-style-type: none"> • <i>The discovery-oriented end of the Spectrum of Teaching Styles in North Macedonia physical education: PE teachers' perspectives</i> Klincharov, I., Popevska, B., & Spasikj, J.
<ul style="list-style-type: none"> • <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> Liu, Y.M., & Shy, D.Y.
<ul style="list-style-type: none"> • <i>Varying Perspectives: What Do Pre-Service Teachers Really Need to Know About the Spectrum of Teaching Styles?</i> Armstrong, T.L., Johnson, I.L., & Fetterley, R.

Thursday 7 May 2026	11:45-12:30
Roundtable 1	CONGRESS ROOM: AMPHITHEATER

RELEVANCE OF THE SPECTRUM OF TEACHING STYLES WITH THE PROMOTION OF LIFELONG LEARNING PHYSICAL ACTIVITY
CO-ORDINATORS: BYRA, M., PAPAIOANNOU, A., CARRARO, A.

Thursday 7 May 2026	12:30-14:00
Session 2 Oral Presentations	CONGRESS ROOM: AMPHITHEATER

SPECTRUM IN TEACHER EDUCATION AND PROFESSIONAL PRACTICE

Chair/Discussant: **Pamela Kulinna & Donetta Cothran**

<ul style="list-style-type: none">• <i>Developing Teacher Education through the Spectrum of Teaching Styles: The Experiences and Beliefs of an Early-Career Physical Education Teacher Educator</i> Sun, C. T.
<ul style="list-style-type: none">• <i>Mosston's Spectrum in Korean and Chinese Physical Education: Examining Belief–Ability–Use Pathways through Social Cognitive Theory</i> Kim, J., Kulinna, P., Albaloul, O., Liu, D., Min, H., & Cothran, D.
<ul style="list-style-type: none">• <i>Using Empirical Spectrum Research to Guide Undergraduate Program Decision Making</i> Parkes, C., & Holden, S. L.
<ul style="list-style-type: none">• <i>Creation and Impact of a Multi-Year Developmental Progression Immersion of The Spectrum Across a PETE Program: Phase 1</i> Zagrodnik, J. A., Ward, J. K. & Kirkham, M.
<ul style="list-style-type: none">• <i>The Relationship between Preservice Physical Education Teachers' Perceptions of Teaching Styles and Critical Thinking Dispositions</i> Çınargür, Z., & Arslan, Y.

Thursday 7 May 2026	15:00-16:30
Session 3 Oral Presentations	CONGRESS ROOM: AMPHITHEATER

LEARNER-CENTERED APPROACHES AND STUDENT DEVELOPMENT

Chair/Discussant: **Vassilis Barkoukis**

<ul style="list-style-type: none">• <i>The effect of teaching styles in physical education lessons on students' beliefs and behaviours: A mapping review</i> Ourda, D., & Barkoukis, V.
<ul style="list-style-type: none">• <i>Effects of an Integrated Teaching Styles Intervention on Fitness and Self-Perception in Young Students in Italy</i> Monacis, D., Pascali, G., & Colella, D.
<ul style="list-style-type: none">• <i>Advancing Social and Personal Skills through the Spectrum in Japanese Physical Education</i> Haneishi, K., Okade, Y., Murai, R., Ito, M., Fuchikami, M., Matsumoto, T., Murakami, T., Nakayama, S., Ogiwara, T., Teraoka, E., Tsuda, E., Curtner-Smith, M., & Nkala, B.
<ul style="list-style-type: none">• <i>Social and Emotional Learning as a Relational Mechanism within the Spectrum of Teaching Styles</i> Wu, P. Y., Wei, F. M., & Shy, D. Y.

- ***Spectrum of Teaching Styles with Very Young Children***
Sääkslahti, A.
- ***Connecting Style F with Teaching Games for Understanding: A Short-term Intervention with Pre-service Teachers***
Lee M., Simonton, K. L., Shiver, V. N., Vasquez, M., Paterson, J., & Hubona, O.

Thursday 7 May 2026	16:30-17:30
Keynote 2	CONGRESS ROOM: AMPHITHEATER

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

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

Thursday 7 May 2026	17.30 – 17.45
Coffee Break	

Thursday 7 May 2026	17.45 – 19.30
Session 4 Oral Presentations	CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Brendan SueSee**

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

- ***The effects of Spectrum of Teaching Styles Knowledge on Teachers Implementing the Pedagogies of Game Based Approach (GBA).***
SueSee, B., Pill, S., & Davies, M.
- ***Scaffolded the Spectrum within Sport Education: Enhancing Quality and Motivation of Peer Teaching through Self-Determination Theory***
Wei, M., Liu, H., & Hastie, P.
- ***Applying The Spectrum of Teaching Styles to Health Content***
Mellor, C., & Bryant, L. G.

<ul style="list-style-type: none"> • <i>Innovating Martial Arts Pedagogy: A Gradual Empowerment Approach</i> Liu, I. C., & Chang, C. W.
<ul style="list-style-type: none"> • <i>Promoting Physical Literacy through the Spectrum of Teaching Styles</i> Gorozidis, G. S. & Sympas, I. K.
<ul style="list-style-type: none"> • <i>Guided Discovery, Reciprocity, and Inclusion in Sport Education: Advancing Teaching Style Integration for Motivated Learning</i> He, W., Mao, W., Liu, H., Rhoades, J., & Walch, T.
<ul style="list-style-type: none"> • <i>Teaching Styles in HIIT and Their Influence on Exercise Adherence: A Qualitative Video-Based Study</i> Claro, J., Gomes, L., Gil, P., & Carreiro da Costa, F.

Friday 8 May 2026

Friday 8 May 2026	9.00 – 10.30
Session 5 Oral Presentations	CONGRESS ROOM: AMPHITHEATER

Chair/Discussant: **Maria Espada Mateos**

TEACHING STYLES AND COGNITIVE MECHANISMS IN ACTION

<ul style="list-style-type: none"> • <i>Reciprocal Teaching Style: How to Increase Student Situational Interest?</i> Lentillon-Kaestner, V., & Roure, C.
<ul style="list-style-type: none"> • <i>Reciprocal Style of teaching, Self-Transcendence Climate, Teamwork, and Flourishing</i> Lygourioti M. E., & Papaioannou, A. G.
<ul style="list-style-type: none"> • <i>Unpacking Peer Feedback in the Reciprocal Style: Qualitative Analysis in High School Volleyball</i> Çınargür, H.E, Cetin, U.B., & Erturan, G.
<ul style="list-style-type: none"> • <i>Underlying Mechanisms of Command, Practice and Self-check Styles: The role of executive functions and performance calibration</i> Kolovelonis, A., & Sympas, I. K.
<ul style="list-style-type: none"> • <i>Exploring Teacher and Student Interactions through the Spectrum of Teaching Styles: A Case Study in Japanese Junior High School Physical Education</i> Ito, M., Haneishi, H., Curtner-Smith, M., Nkala, B., Matsumoto, T., & Okade, Y

Friday 8 May 2026

10:30 – 11.30

Keynote 3

CONGRESS ROOM:
AMPHITHEATER

Chair/Discussant: **Athanasios Papaioannou**

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

Friday 8 May 2026

11.30 – 12.00

Poster Session 2 with Coffee Break

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

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| <ul style="list-style-type: none">• <i>Spectrum of Teaching Styles and Teachers' Motivating and Demotivating Styles: A Self-Determination Theory Perspective</i>
Huhtiniemi, M., Jaakkola, T., & Watt, A. |
| <ul style="list-style-type: none">• <i>Kuwaiti Physical Education Teachers' Reported Use and Perceptions of Mosston and Ashworth's Spectrum of Teaching Styles</i>
Albaloul, O., Kulinna, P., Kim, J., & Cothran, D. |
| <ul style="list-style-type: none">• <i>Enhancing College Students' Motivation within the Spectrum Teaching Styles and Augmented Reality App</i>
Estrada-Oliver, L., & Amaral-Figueroa, M. |
| <ul style="list-style-type: none">• <i>University Students' Perceptions of the Spectrum of Teaching Styles in Physical Education after an Escape Room-Based Intervention</i>
Fernández-Rivas, M., & López-Sánchez, A., Martínez-Majolero, V. & Calero- Cano, José C. |
| <ul style="list-style-type: none">• <i>The Teaching Style Toolbox: Pick the Right Tool at the Right Time</i>
Mackinney, R. |
| <ul style="list-style-type: none">• <i>Understanding How Student Teachers Approach the Spectrum: A Cluster-Analytic Examination of Motivation and Style-Specific Beliefs</i>
Syrmpas, I. K., Krommydas, C., Gorozidis, G. S., & Digelidis, N. |
| <ul style="list-style-type: none">• <i>Exploring Teachers' Experiences of Teaching Life Skills through Mosston's Spectrum of Teaching Styles</i>
Yi-Ya Chang., & Yi-Hsiang Pan |

Friday 8 May 2026

12.00 – 13.00

Session 6 Oral Presentations

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

CONTEXT, INCLUSION, JUSTICE, AND FUTURE DIRECTIONS

- ***Teaching for Social Justice: The Impact of the Spectrum of Teaching Styles on In-Service PE Teachers' Practices and Perspectives***
Haneishi, K., Okade, Y., Murai, R., Ito, M., Fuchikami, M.,
Matsumoto, T., Murakami, T., Nakayama, S., Ogiwara, T., Teraoka,
E., Tsuda, E., Curtner-Smith, M., & Nkala, B.
- ***Fostering Social Justice and Inclusion in PE: Pedagogical Strategies for Today's Polarized Society***
Haneishi, K., Okade, Y., Murai, R., Ito, M., Fuchikami, M.,
Matsumoto, T., Murakami, T., Nakayama, S., Ogiwara, T., Teraoka,
E., Tsuda, E., Curtner-Smith, M., & Nkala, B.
- ***Different versions of Learning: How Assessment for Learning Shapes Learner Independence within Mosston's Spectrum of Teaching Styles***
Yang, H. W., & Shy, D. Y.
- ***Shifts in Teaching Styles During Periods of Pedagogical Disruption or environmental constraints***
Maurizio Bertollo, Faten Hamdi

Friday 8 May 2026

13:00 -13:45

Roundtable 2

CONGRESS ROOM:
AMPHITHEATER

**THE INSTITUTE AND ITS MISSION: OUR CHALLENGES AND
ASPIRATIONS FOR THE COMING YEARS
CO-ORDINATORS: SITL BOARD OF DIRECTORS**
