

FOUNDATIONS OF SPORT AND EXERCISE PSYCHOLOGY SECOND EDITION STUDY GUIDE



DANIEL GOULD • ROBERT S. WEINBERG

Foundations of Sport and Exercise Psychology

Second Edition

Study Guide

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Human Kinetics

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TO THE STUDENT

Foundations of Sport and Exercise Psychology introduces you to the field of sport and exercise psychology. This exciting field focuses on the study of human behavior in certain types of situations—namely, sport and exercise settings. It is designed to provide you with information to bridge the gap between research and practice, and to convey some fundamental principles of professional practice. Hence, information in the book will help you become a more effective fitness instructor, physical educator, coach, athlete, athletic medicine specialist, or even a sport psychologist.

Although we have tried to convey the information in the textbook in a clear, concise and practical fashion, the many details and scientific processes presented might be overwhelming and confusing at times if you have had little background in the field. That's why we wrote this Study Guide—to assist you in learning, understanding, and applying the main concepts of each chapter.

We have included a variety of activities to help sport and exercise psychology come to life. It is our hope that through interacting with your classmates, taking and scoring yourself on psychological tests, conducting self-made experiments or case studies, finding information on the Internet, and completing exercises, you will see how important sport and exercise psychology is to our daily lives. We also hope these activities will help vitalize the information in the book and make studying it a fun and rewarding experience.

Sport and exercise psychology is an amazing field with tremendous potential to help participants involved in sport and physical activity perform better and develop psychologically. We hope this Study Guide helps make the science behind this field clear and useful to you. Now, let's get going by better understanding the field itself and its role in helping sport and exercise participants.

KEY TO ICONS



Application



Case Study



Closer Look



Design/Creativity



Experiment



Logic



Memory



Pencil/Paper



Research



Self-reflection



Textbook

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Activity 2.3

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Activity 4.1, Sport Competition Anxiety Test

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Activity 4.1, Sport Anxiety Scale

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Activity 4.1, State Anxiety Test

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Activity 8.1

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Adapted, by permission, from R. Martens, 1987, *Coaches guide to sport psychology* (Champaign, IL: Human Kinetics), 63-64.

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Activity 12.1

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Activity 15.1

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INTRODUCTORY ACTIVITY

Activity

Do this activity before reading chapter 1 of *Foundations of Sport and Exercise Psychology*.

Why Study Sport and Exercise Psychology?



Directions: Select one of the following scenarios for group discussion. In your group, derive a group response to the situation posed and summarize it in the space provided on the next page.

Scenario 1: Athletic Trainer—Mary Jo, the head athletic trainer at Campbell State College, has been working with Campbell's star running back, Kevin Jones, who is recovering from knee surgery. Kevin has made tremendous progress over the spring and summer and has achieved a 99% physical recovery. The coaches, however, have noticed that Kevin still favors his formerly injured knee in practice and is very hesitant when making cutbacks. Mary Jo knows that Kevin has physically recovered, but she's not sure how to help him regain his former confidence.

Scenario 2: Coach—Jeff is the point guard on the high school basketball team that you coach. For your team to repeat as league champions, Jeff needs to play well, especially in clutch situations. However, you have learned from coaching Jeff last season that he becomes very nervous in competition. In fact, the bigger the game or the more critical the situation, the more nervous Jeff becomes and the worse he plays. Your biggest coaching challenge this season will be helping Jeff learn to manage stress.

Scenario 3: Fitness Leader—Sally is serving in her second year as fitness director for the St. Peters Hospital Cardiac Rehabilitation Program. She spent countless hours in her first year organizing and initiating her aerobic fitness program for individuals recovering from cardiac arrest. The program was very well received by both the patients and hospital administration. Recently, however, Sally has become concerned about a very high lack of adherence on the part of her clients. They just don't seem to stick with their exercise programs after they start feeling better. As many as 60% are dropping out before they make exercise a lifelong habit. Sally must get her clients to adhere to their exercise regimes, but she doesn't know how. Problems like these were never discussed in her classes in exercise physiology or exercise program design for cardiac rehabilitation.

Scenario 4: Physical Educator—Bob has wanted to be a physical educator ever since he can remember. He is a student teacher this semester, and he is becoming increasingly frustrated. The high school students in his classes are totally out of shape and have no interest in learning lifelong sport skills and becoming physically fit. It is all Bob can do to get them to participate in the mild exercise program during their 40-minute classes held twice a week. Bob's goal for the semester is to get his sedentary students motivated to learn lifelong sport skills and engage in fitness activities.

Scenario 5: Sport Psychologist—Tom is a sport psychologist and long-time Chicago Cubs baseball fan. His dream consulting position has recently become available: The owners of the Cubs, frustrated by the lack of team cohesion, have asked Tom to submit a consulting proposal designed to improve team cohesion. Tom has a week to design a psychological skills training program to enhance team cohesion and, he hopes, secure his dream position as sport psychology consultant for the Chicago Cubs.

Proposed Solution for Handling Your Scenario:

INTRODUCTION

- Use this book as a road map to achieve two goals: (a) a better understanding of sport and exercise psychology and (b) knowledge of how to apply sport psychology in exercise settings.
- Remember that this study guide should be used to supplement your textbook. For more detailed discussions of the material covered here, refer to *Foundations of Sport and Exercise Psychology, Second Edition*.
- As you work through the exercises in this study guide, think about how the information fits into our model. Each piece is only part of the whole picture.

Activity 0.1

Do this activity before you begin to read the first chapter of *Foundations of Sport and Exercise Psychology*.

Assessing My Knowledge of Sport and Exercise Psychology



Directions: Use this short quiz to assess your current level of knowledge about sport and exercise psychology. Circle True (T) or False (F).

- | | | |
|--|---|---|
| 1. Sport and exercise psychology is a relatively new field, having its roots in the late 1970s. | T | F |
| 2. Most teachers and coaches are very knowledgeable about how to implement psychological skills with students and athletes. | T | F |
| 3. Regardless of the form of motivation, the more motivated an athlete or exerciser is the better. | T | F |
| 4. We know little about the personality characteristics of great athletes. | T | F |
| 5. Youth participation in sport has consistently been shown to facilitate the development of self-confidence and leadership. | T | F |
| 6. When beginning a goal-setting program, a number of goals should be set to ensure success. | T | F |
| 7. Imagery is the primary tool or technique used by today's sport psychology specialist. | T | F |
| 8. Identifying and developing techniques for enhancing performance is the major focus of the sport psychology specialist. | T | F |
| 9. To achieve peak performance, a team must be cohesive (i.e., tight-knit). | T | F |
| 10. Running can be an effective method for managing clinical depression. | T | F |

Answers to Selected Introduction Activities

Activity 0.1: Assessing My Knowledge of Sport and Exercise Psychology

1. False. As we will soon learn, sport and exercise psychology has a long and rich history, dating back to the early part of this century.

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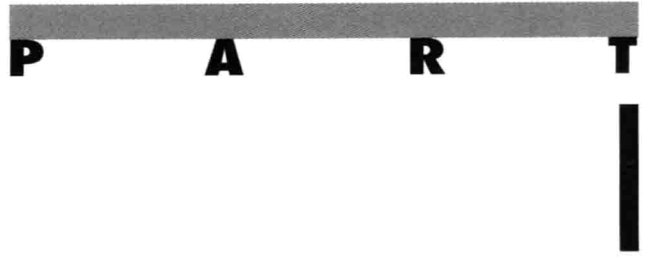
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Getting Started



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