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SPORTS PSYCHOLOGY

Basic Concepts



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Dedication

I dedicate this book to the Creator of all things, the source of all knowledge, the giver of life and all of the gifts that set us apart from the rest of His creation. I make no claims about the contents of this book originating from my cortex. I am only the observer of the processes of life, health and healing, recording what God has written and other great men have deliberately confirmed.

Sports Psychology

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Preface

Sport psychology is a branch of psychology. It is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization.

Wish you all the best.

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Introduction of Sport Psychology



Sport Psychology

Sport psychology is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are

- Goal setting
- Relaxation
- Self-talk
- Awareness
- Control
- Concentration
- Confidence

Sport psychology defined in laymen's terms: There are many psychology tools one can apply in sports. Some of the psychology tools are mentioned above, but most successful sport psychologists will analyze each individual to determine their learning style. The latest and most effective psychology used in sports today is neuro-linguistic programming (NLP). NLP categorizes each individual's learning style whether it's visual learning, auditory (hearing) learning, or kinesthetic (hands on or emotional) learning. For example, if one learns from hearing, he would benefit from imagining in