

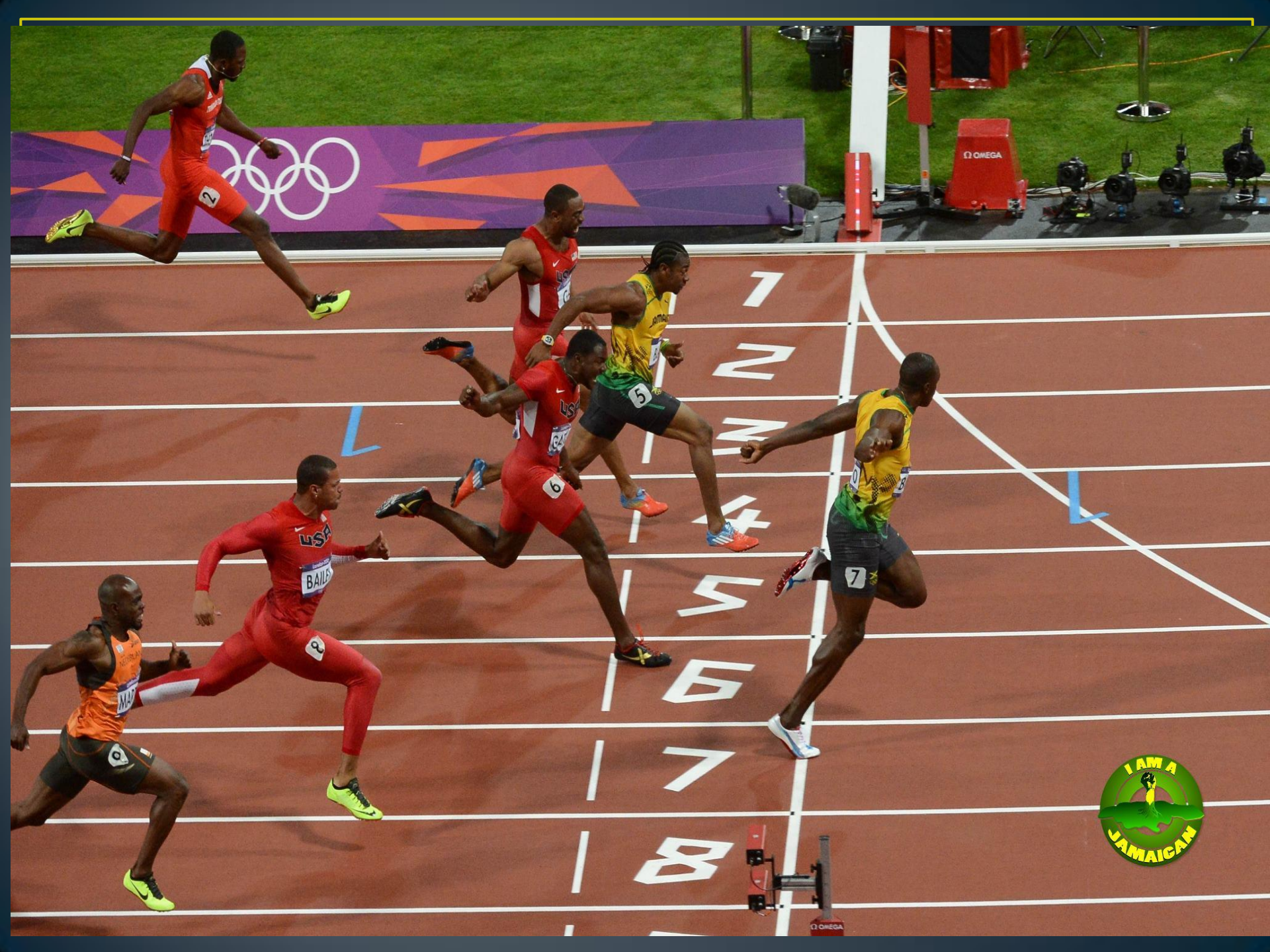
SPORT PSYCHOLOGY

SHMD319



London Olympics
2012
100m







MEN'S 100M



RESULT - FINAL

WIND +1.5MS

1	JAM	USAIN BOLT	OR 9.63
2	JAM	YOHAN BLAKE	9.75
3	USA	JUSTIN GATLIN	9.79
4	USA	TYSON GAY	9.80
5	USA	RYAN BAILEY	9.88
6	NED	CHURANDY MARTINA	9.94
7	TRI	RICHARD THOMPSON	9.98
8	JAM	ASAF POWELL	11.99

OMEGA

Inside the mind of gold medal athletes



What is Sport Psychology?

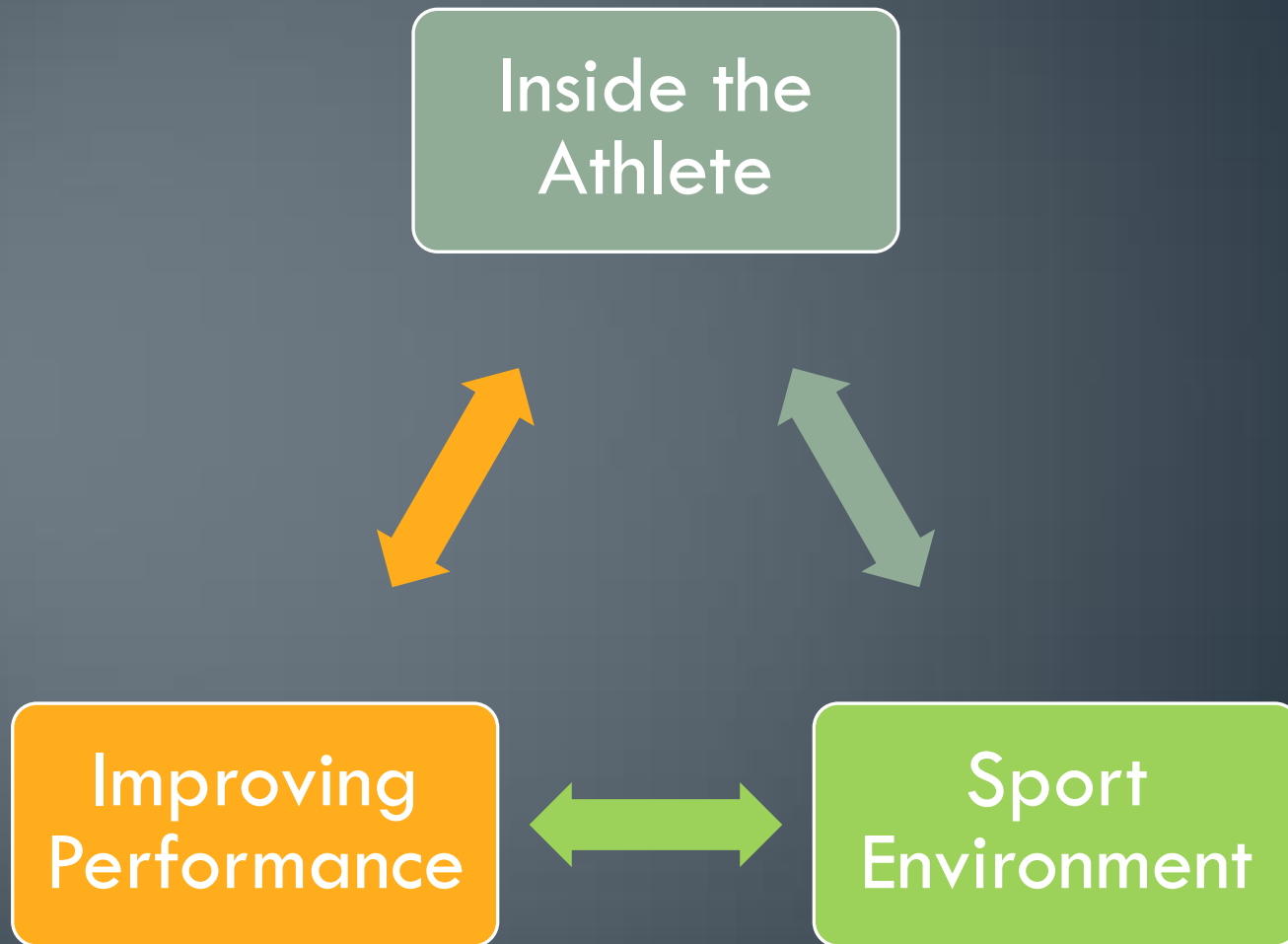
Sport Psychology is **applying** psychological principles in a sporting context

Enhancing the performance of athletes

Psychological factors affect performance



Road Map



Inside the Athlete



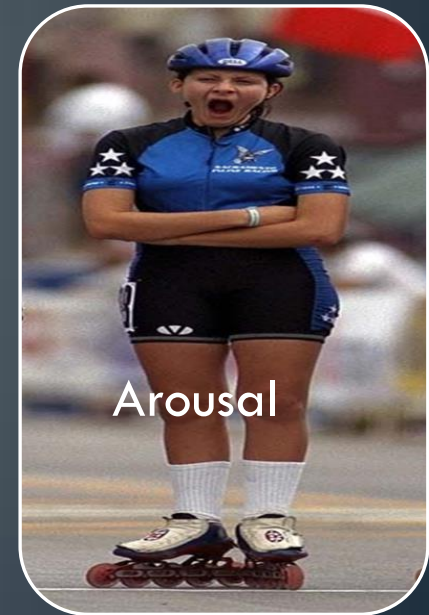
Motivation



Personality



Attention



Arousal

Improving Performance



Attentional
Strategies



Arousal
Regulation



Imagery

Sport Environment



Achievement
Motivation



Aggression



Spectators

Chapter Objectives

*Describe concepts occurring
“Inside the Athlete”*

- Motivation
- Personality
- Arousal, Stress & Anxiety
- Attention

Motivation

= Direction & Intensity
of one's effort
(Sage, 1977)



- **Direction of effort:** Approaching/Avoiding situation
- **Intensity of effort:** How much effort
- **Persistence of effort:** How long one carries on

Motivation



Motion

Drive

Motives

Emotion

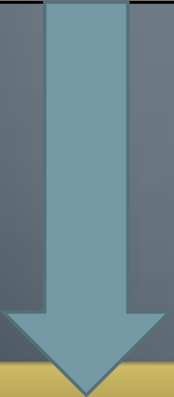
- **Reasons (motives) for moving (motion) in a certain direction & = closely related to how we feel (emotion)**

Write down 2
reasons to why you
play sports...

Sometimes it is the pure joy of the chase, the pursuit of your goals and dreams, that is the most rewarding



Types of Motivation



Intrinsic



Extrinsic



Intrinsic Motivation

- Takes part in sport for enjoyment
- Judge success on the amount of effort exerted in the task and
- By how much they improve



Extrinsic Motivation

Someone who participates for external rewards including:

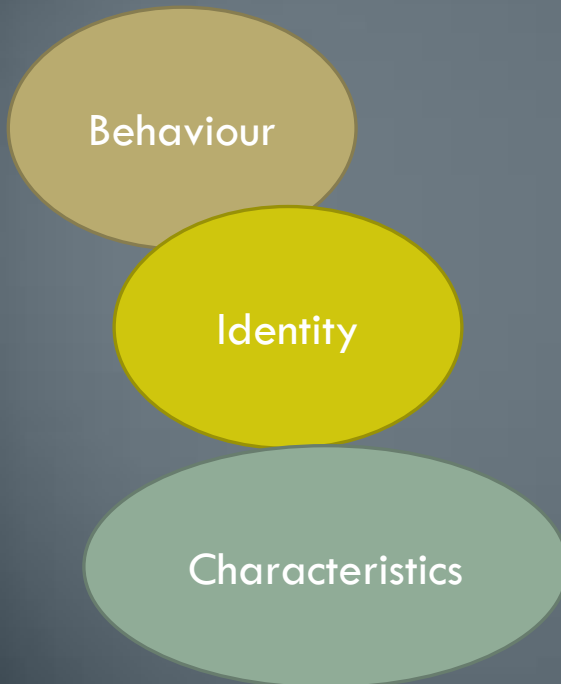
- Trophies
- Medals
- Money
- Prizes

- Can be tangible or intangible

- Tangible – are real can be touched (Money/ Trophies)
- Intangible – Words, status e.g applause



Personality (MASK)



“The sum total of an individual’s psychological characteristics which make him/her unique”

Theories



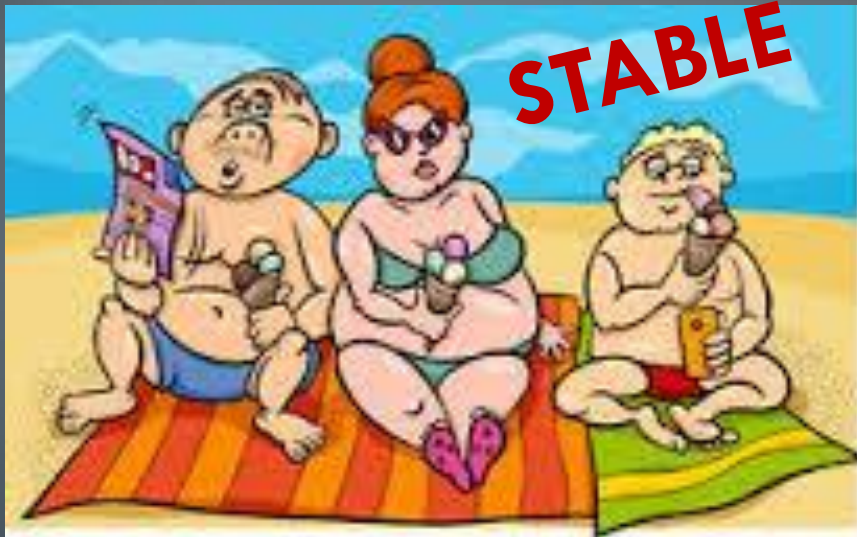
What are they?

Personality Theories

- Trait
- State
- Interactionist

Personality Theories

Trait



Personality =
determined by
internal factors

State

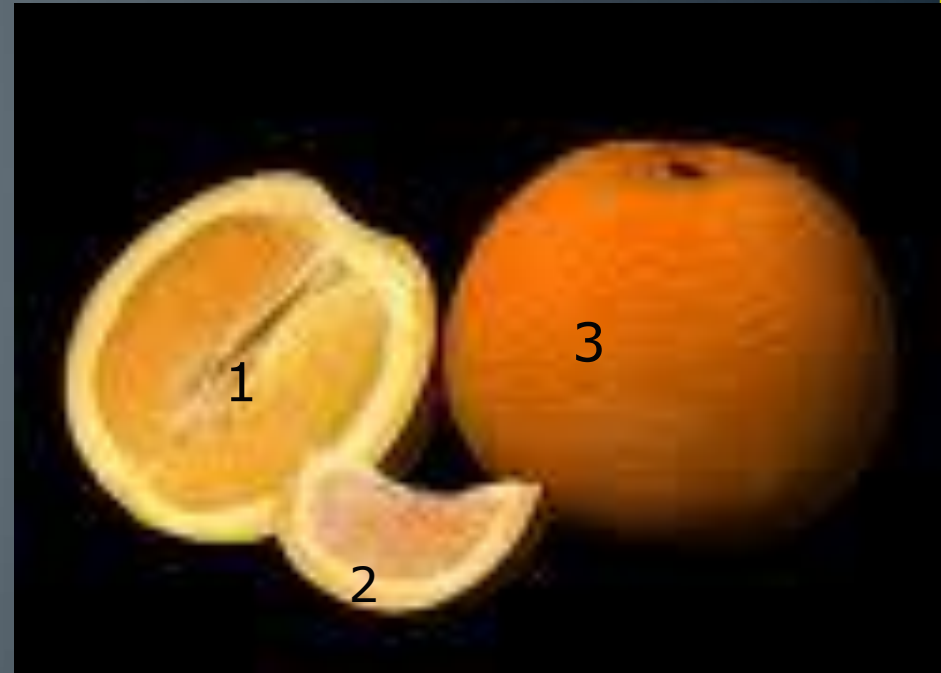


Personality =
determined by
environmental factors
(learnt)

Interactionist Theory (Hollander)

Personality consists of layers:

1. Psychological core
2. Typical responses
3. Role-related behaviour



Psychological core

“Real” person

Represents the self-concept
Beliefs and values that remain
fairly permanent



Typical responses

The way in which we usually
respond to environmental
situations



Role-related

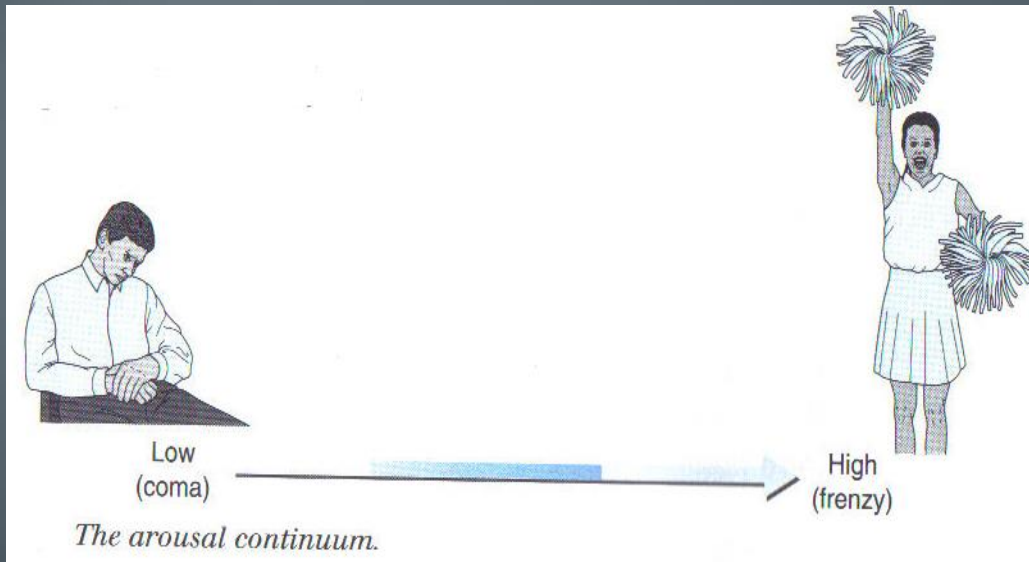
How one acts in different social
roles



Arousal

Energizing of the mind and body leading to a condition of alertness

Physiological & psychological responses



The Arousal
Continuum

Low

High

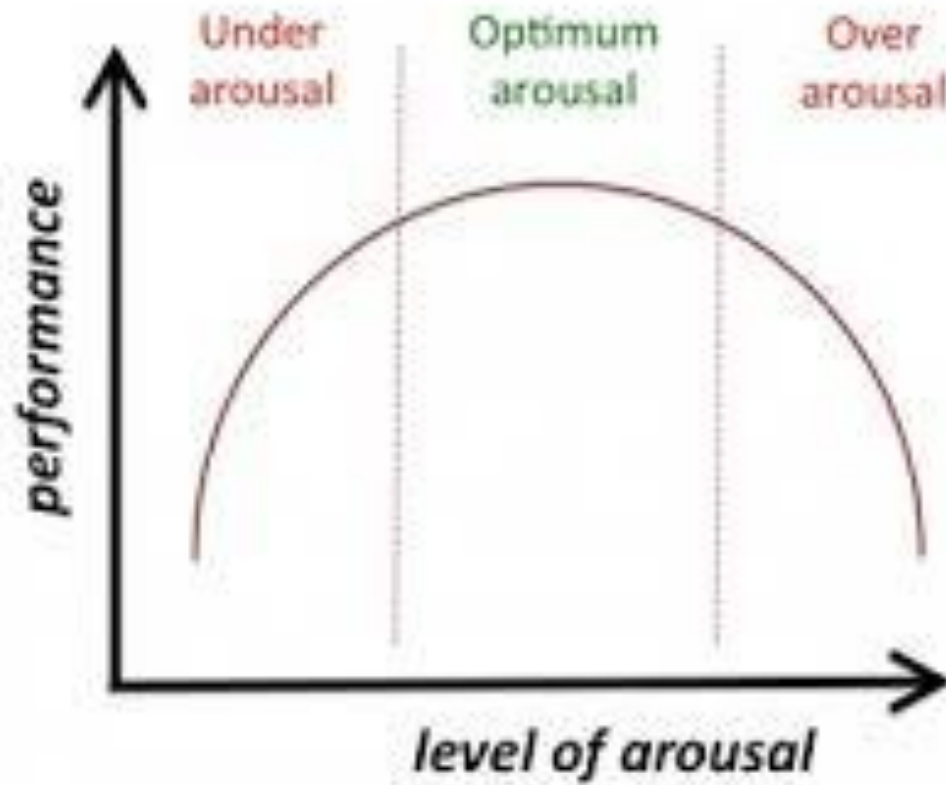
Very Low Levels of Arousal



Very High Levels of Arousal

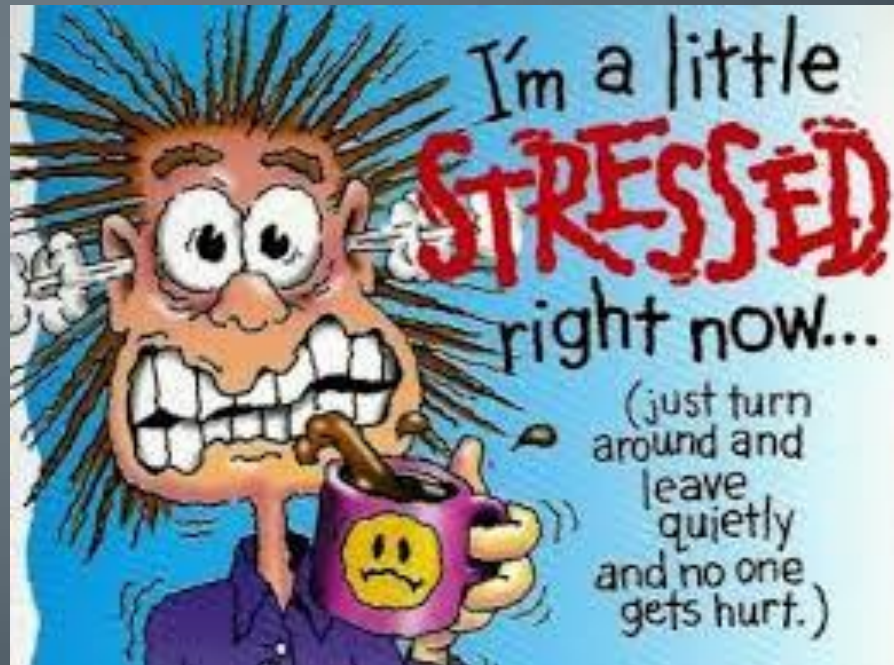


Under/Optimum/Over AROUSAL



Stress

A variety of aversive emotional states, such as anxiety, depression and anger



NO STRESS – EUSTRESS – DISTRESS

No Stress-
No excitement
No Stimuli



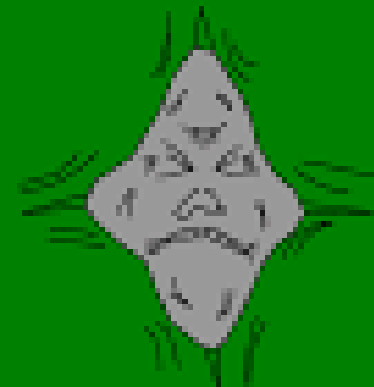
Lethargic,
Dull,
Unenthusiastic

Eustress



Energetic,
Successful,
Positive

Distress



Disappointed,
Threatened,
Failed,
Embarrassed

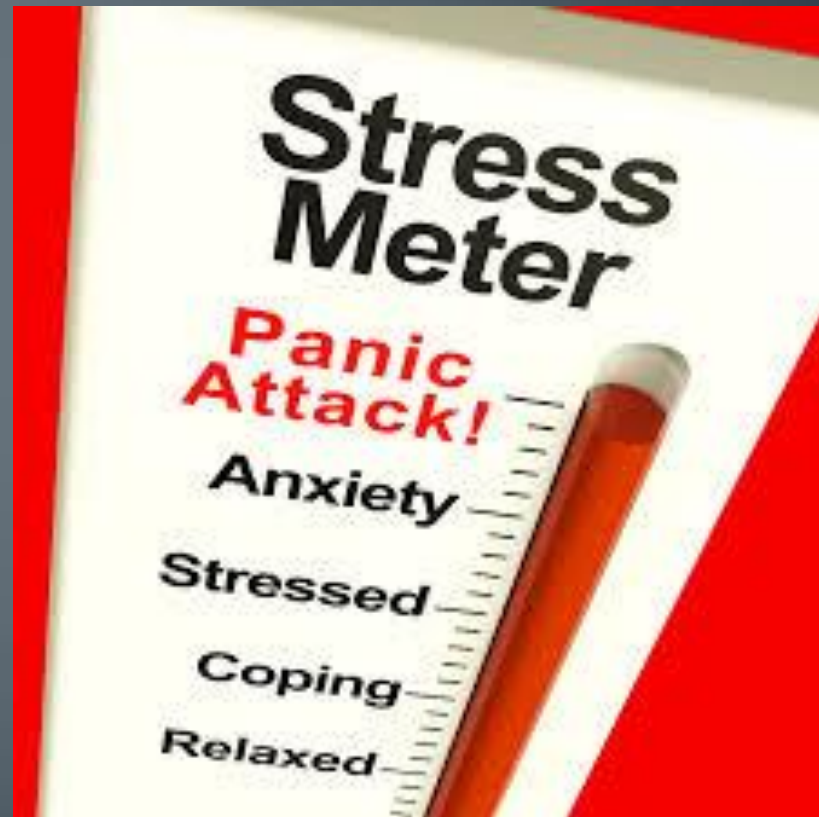
Anxiety

Subjective feeling of apprehension associated with increased physiological arousal

Form of stress

Somatic responses

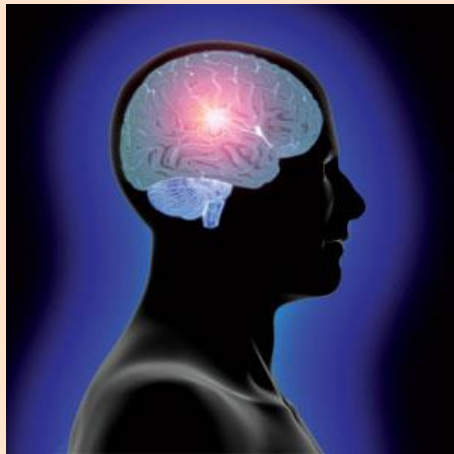
Cognitive responses



Cognitive vs Somatic Anxiety

Cognitive responses to anxiety

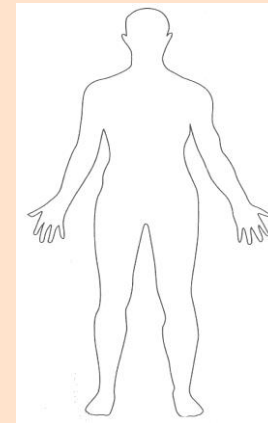
- Loss of concentration
- Feelings of apprehension
- Attentional narrowing
- Fear of failure



These are **PYSCHOLOGICAL** responses

Somatic responses to anxiety

- Sweating
- Increased muscle tension
- Increased heart rate
- Increased breathing rate



These are **PHYSIOLOGICAL** responses

Types of Anxiety



What is Attention?



Taking possession by the mind, in clear and vivid form, of one out of what seem several simultaneously possible objects or trains of thought.

*It Implies **withdrawal** from some things in order to deal effectively with others...*

WILLIAM JAMES (1890)

Facets of Attention =

1. Alertness
2. Selectivity
3. Capacity

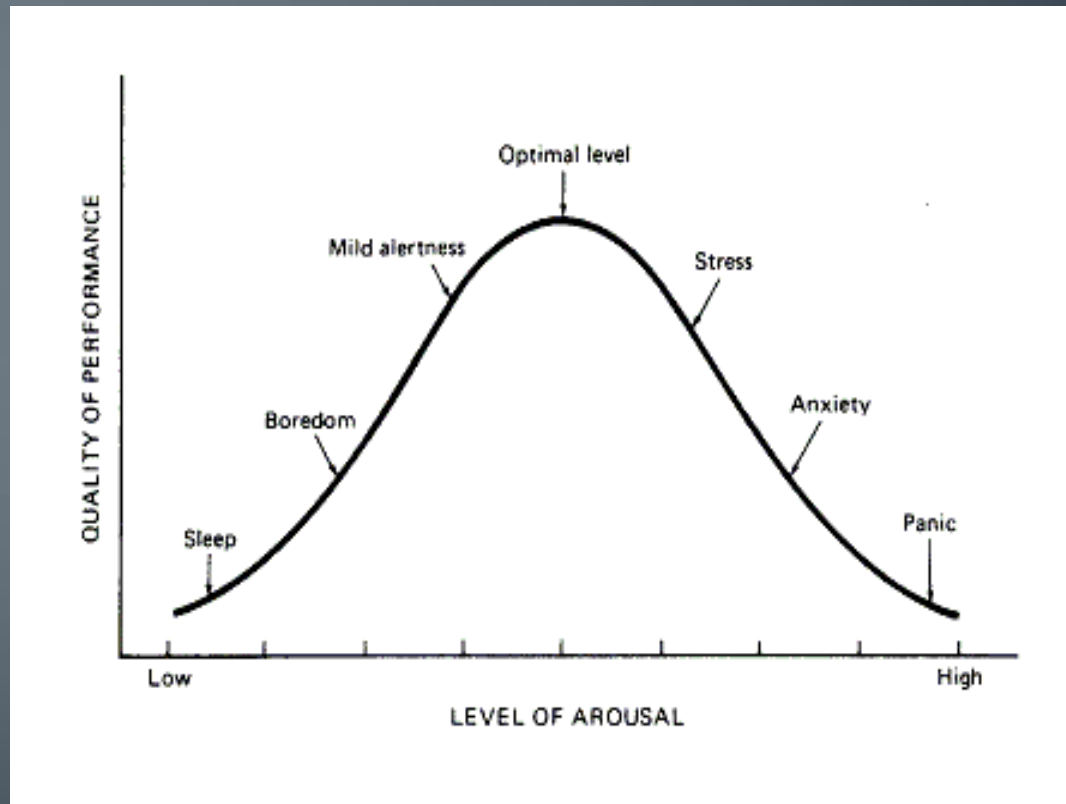
Alertness = *initial requirement*

Attentional problems: low level & high level of arousal



Arousal levels affect attentional processes:

Concentration = Regulating Arousal



Selectivity

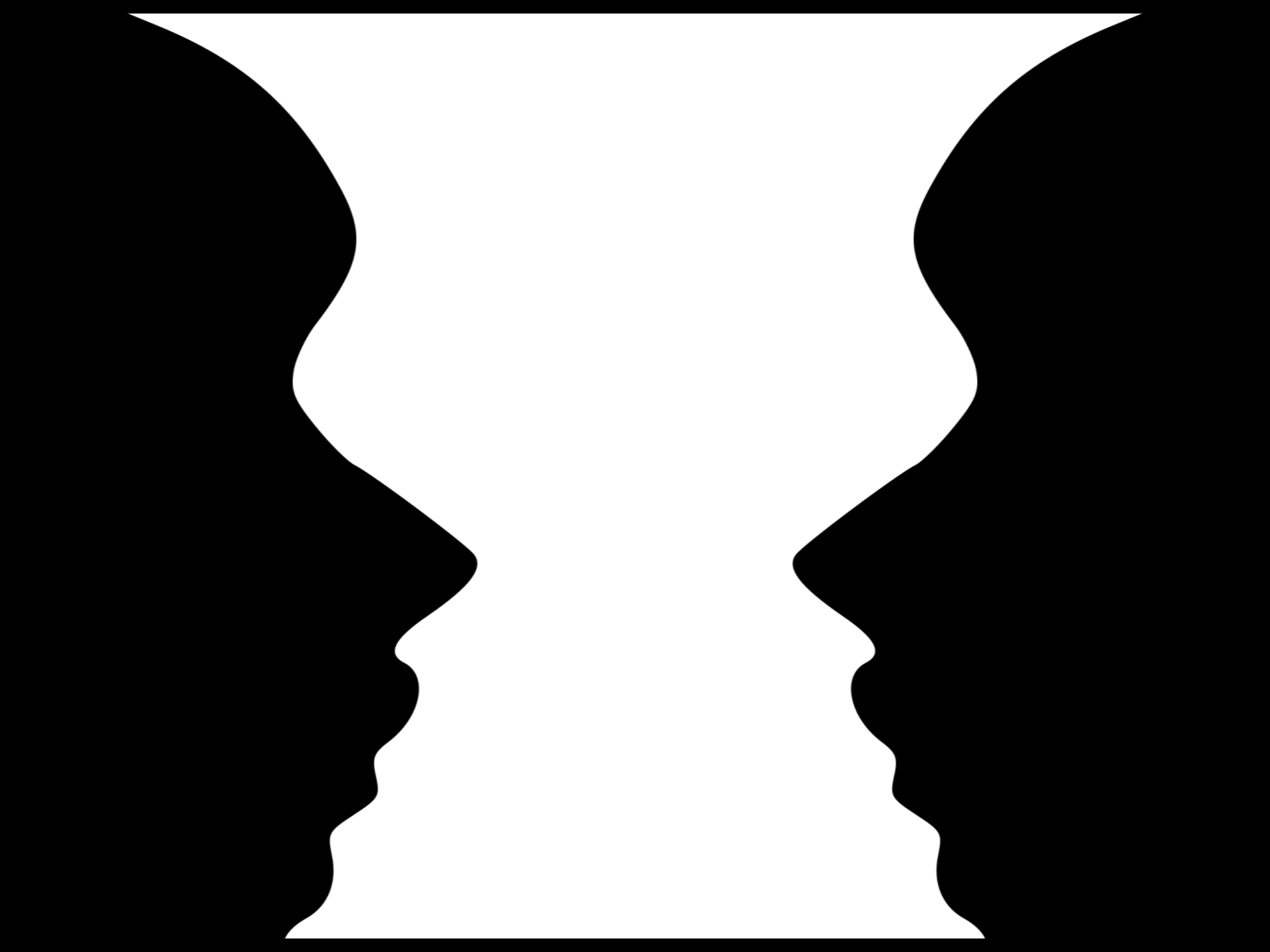
Humans = processors of information

THE SECRET IS TO SELECTIVELY ATTEND

Focus: important aspects (foreground)

Ignore: irrelevant aspects (background)





Capacity

Most situations → many relevant stimuli

Limited information processing capacity



PRINCIPLE OF OVER-LEARNIG

Practicing a sport skill to such an extent that they can be executed automatically