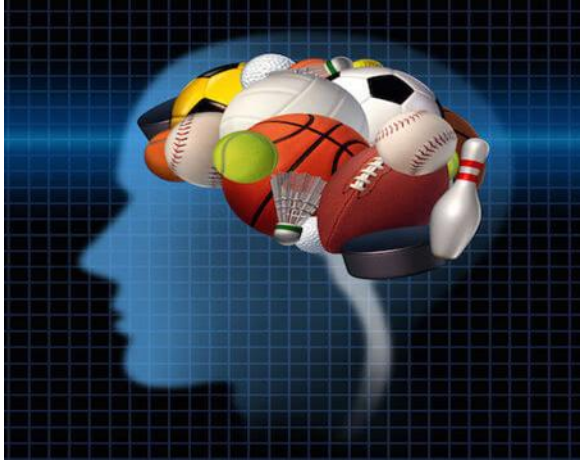
SPORT PSYCHOLOGY

الدكتور مؤيد عبدالرزاق حسو

كلية التربية البدنية وعلوم الرياضة

PRESENTATION OUTLINE



- Introduction of psychological state and performance ?
- What is sport psychology ?
- the definitions ? -
-The most important research orientations in sports psychology?
-**The 5 C’s - The Psychology of Champions**



Elka Graham, Australian swimming legend



Introduction

In training everyone focuses on 90 percent physical and 10 percent mental, but in the races it’s 90 percent mental because there’s very little that separates us physically at the elite level





the definition



According to John Luther, "Sports psychology is an area which attempts to apply psychological facts and principles to learning performance and associated human behavior in whole field of sports

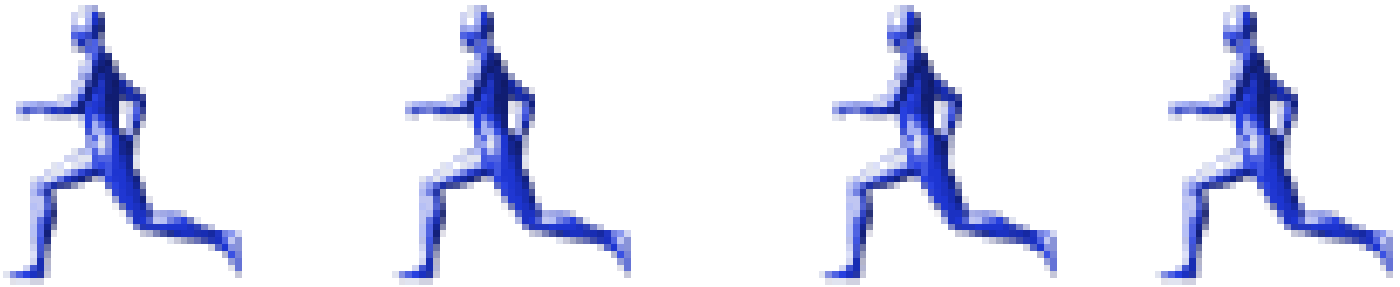
According to K.M. Burns, "Sports psychology for physical education is that branch of psychology which deals with the physically fitness of an individual through his participation in games and sports

According to Weinberg , "the scientific study of behavior , experience and mental processes





The most important research orientations in sports psychology



Approach	Main focus of approach	Examples in sport psychology
Individual differences	Variation in the characteristics of individuals	Personality, attitudes to sport, motivation, anxiety
Social psychology	Ways in which people interact with one another	Attitudes to sport, aggression, team cohesion, team leadership
Cognitive psychology	Ways in which the mind processes information	Skill acquisition, motivation, imagery
Physiological psychology	The relationship between biological and psychological function	Arousal and performance, biological basis of personality traits
Developmental psychology	The processes of development of psychological functions and characteristics across the lifespan	Social learning, gender development, personality development

The following points the importance of sports psychology



1.Enhancement of Physiological Capacities

2. Learning the Motor Skills

3. Understanding the behavior

4. Controlling the emotions

5. Preparation of athletes psychologically for competitions .

6. Role in the emotional problems of sports persons





Preparing for Competition

التحضير الجيد للمنافسة



Road map

ROAD MAP

Step 3: Learn to win

Step 2: Learn to train

Step 1: Learn to Learn



Success Through IT Road Map and Planning

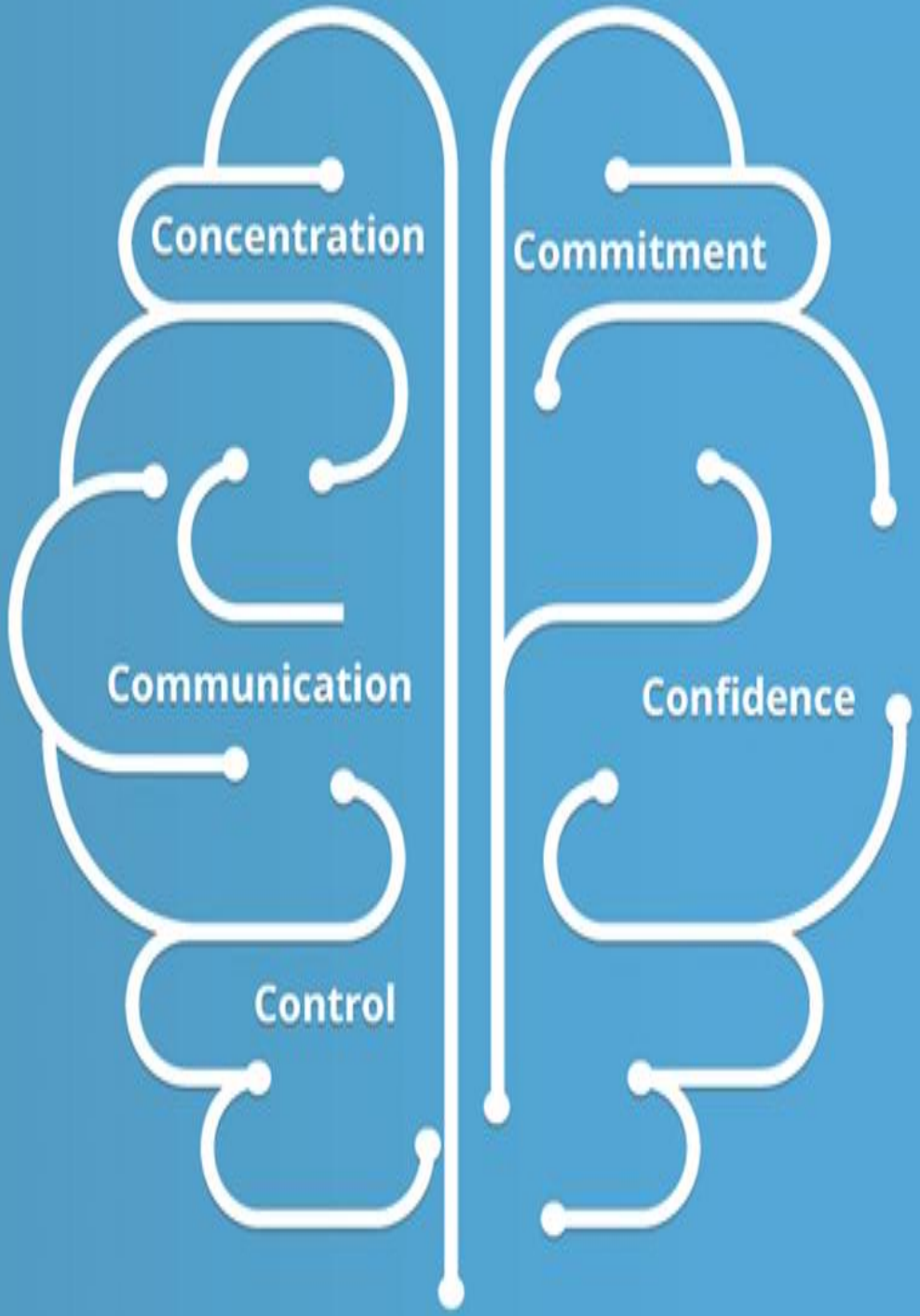
(Vealey model)

Mental training tools: **are the methods used to develop athletes' mental skill s**		
1	achieve to enhance	2
create a flow state of mind		**mental toughness**

Mental training tools		Mental skills
Goal setting		Motivation
Imagery		Energy management
Relaxation and energization		Attention
		Stress management
Self-talk		Self-confidence

The 5 C’s - The Psychology of Champions

the 5C’s are a range of psychological and social skills that can help athletes understand what is truly needed to become the best that they can be.


Concentration
Commitment
Communication
Confidence
Control

Commitment – QUANTITY A Quality motivation, desire to achieve goals.

Communication – Ability to send and receives visual and verbal information :

Concentration – Ability to Focus all your attention:

Control (emotional) –regulation of thought and to manage the Quality of performance:

Confidence – The belief in yourself: Confidence is not really a skill, – confidence, is a state of mind.






وشكراً لإصغائكم