

SPORT PSYCHOLOGY

Sport Psychology Defined:

Sport Psychology is a discipline of psychology dedicated to the scientific study of people and their behavior as applied to sport. Sport psychologists are interested in two main areas: a) helping athletes and/or coaches/trainers to apply psychological principles to achieve optimal mental health (performance enhancement); and b) an understanding of how participating in sport exercise and physical activity affects an individual's psychological development, health, and well-being throughout their life span.

What Do Sport Psychologists Do?

Sport psychologists teach mental skills to enhance performance while the athlete and/or coach is engaged in a sport. In addition, we strive to help clients develop personal excellence in a variety of areas beyond their sport.

Areas Of Sport Psychology:

Sport psychologists work in three main areas:

- **Clinical:** The practice of helping athletes and/or coaches who are experiencing emotional problems such as depression, anxiety, stress, eating disorders, and body image issues.
- **Educational:** The practice of helping athletes and/or coaches develop the psychological skills necessary for optimal performance. These may include goal setting, relaxation, concentration, imagery skills, etc.
- **Research:** The practice of reviewing current sport psychology research seeking new applications of evidence-based techniques to enhance the athlete's experience and sense of control while performing

Professional Organizations That Govern Sport Psychologists:

- [Division 47 of the American Psychological Association](#)
- [Association for the Advancement of Applied Sport Psychology \(AAASP\)](#)
- [International Society of Sport Psychology \(ISSP\)](#)
- [British Association of Sport and Exercise Science \(BASES\)](#)