
Graduate Certificate in Inclusive Sports Coaching

Sport Psychology and Performance Enhancement

Sport Psychology and Performance Enhancement Glossary

1. Achievement Motivation:

Achievement motivation refers to the inner drive or desire an individual has to achieve success in a specific task or goal. In sports, athletes with high achievement motivation are often more persistent, set challenging goals, and are motivated to improve their performance continuously. Coaches can help athletes enhance their achievement motivation by setting specific, measurable goals and providing feedback on progress.

2. Arousal:

Arousal refers to a state of physical and psychological activation. In sports, arousal levels can impact an athlete's performance. Optimal arousal levels vary depending on the individual and the task at hand. Low arousal levels may result in lackluster performance, while high arousal levels can lead to anxiety and decreased performance. Coaches can help athletes manage their arousal levels through relaxation techniques, visualization, and proper goal-setting.

3. Attentional Focus:

Attentional focus refers to where an athlete directs their attention during performance. There are two main types of attentional focus: broad and narrow. Broad attentional focus involves paying attention to a wide range of stimuli, while narrow attentional focus involves focusing on specific details. Coaches can help athletes develop the ability to shift their attentional focus as needed to improve performance in different situations.

4. Burnout:

Burnout is a psychological syndrome characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment. In sports, burnout can result from excessive training, pressure to perform, and lack of balance between sports and other aspects of life. Coaches should be aware of the signs of burnout in athletes, such as decreased motivation, fatigue, and irritability, and take steps to prevent and address burnout through rest, support, and stress management strategies.

5. Cognitive Reappraisal:

Cognitive reappraisal is a psychological strategy that involves changing the way an individual interprets a situation or event to manage emotions. In sports, cognitive reappraisal can help athletes reframe negative thoughts or emotions to improve performance under pressure. Coaches can teach athletes cognitive reappraisal techniques, such as positive self-talk, visualization, and focusing on controllable factors, to enhance mental toughness and resilience.

6. Confidence:

Confidence is a belief in one's ability to succeed in a specific task or situation. In sports, confidence plays a crucial role in performance, as athletes who are confident are more likely to set challenging goals, persist in the face of setbacks, and perform at their best. Coaches can help athletes build confidence through skill development, positive reinforcement, and creating a supportive team environment.

7. Goal Setting:

Goal setting is a process of identifying specific, measurable objectives to work towards in sports. Effective goal setting helps athletes improve focus, motivation, and performance. Coaches can help athletes set SMART goals (specific, measurable, achievable, relevant, time-bound) and create action plans to achieve them. Regularly reviewing and adjusting goals can help athletes stay motivated and track progress.

8. Imagery:

Imagery, also known as mental rehearsal or visualization, involves creating vivid mental images of successful performance. Imagery can help athletes improve skill acquisition, boost confidence, and manage anxiety. Coaches can teach athletes how to use imagery techniques to mentally rehearse skills, visualize successful outcomes, and build mental toughness. Guided imagery sessions can be incorporated into training sessions to enhance performance.

9. Mental Toughness:

Mental toughness is a psychological trait that enables athletes to cope with pressure, setbacks, and challenges effectively. Athletes with high mental toughness are resilient, focused, and able to perform under stress. Coaches can help athletes develop mental toughness through goal setting, self-regulation strategies, and building confidence. Encouraging athletes to embrace adversity, learn from failures, and maintain a positive mindset can enhance mental toughness.

10. Self-efficacy:

Self-efficacy refers to an individual's belief in their ability to succeed in specific tasks or situations. In sports, self-efficacy plays a significant role in performance, as athletes with high self-efficacy are more likely to set challenging goals, persevere in the face of obstacles, and achieve success. Coaches can help athletes build self-efficacy through skill development, positive feedback, and providing opportunities for success. Encouraging athletes to reflect on past achievements and set progressively more challenging goals can enhance self-efficacy.

11. Stress Management:

Stress management involves strategies to cope with and reduce the negative effects of stress on performance. In sports, athletes may experience stress due to competition, training demands, or external pressures. Coaches can help athletes develop stress management skills, such as deep breathing, progressive muscle relaxation, and mindfulness techniques. Encouraging athletes to maintain a healthy work-life balance, get adequate rest, and seek support when needed can improve overall well-being and

performance.

12. Team Cohesion:

Team cohesion refers to the degree of unity, trust, and cooperation among team members. High team cohesion is associated with improved communication, collaboration, and performance. Coaches can foster team cohesion by promoting a positive team culture, encouraging open communication, and building trust among team members. Team-building activities, shared goals, and mutual support can enhance team cohesion and create a strong sense of belonging and motivation.

13. Time Management:

Time management involves effectively allocating time and resources to prioritize tasks and achieve goals. In sports, athletes must balance training, competition, recovery, and other commitments to optimize performance. Coaches can help athletes improve time management skills by creating structured training schedules, setting realistic goals, and identifying priorities. Teaching athletes to set boundaries, delegate tasks, and use time wisely can enhance productivity and reduce stress.

14. Visualization:

Visualization is a mental rehearsal technique that involves creating detailed mental images of successful performance. In sports, visualization can help athletes improve technique, build confidence, and reduce anxiety. Coaches can guide athletes through visualization exercises, encouraging them to imagine themselves executing skills flawlessly, achieving goals, and overcoming challenges. Incorporating visualization into pre-competition routines can enhance focus, motivation, and performance readiness.

15. Zone of Proximal Development:

The zone of proximal development (ZPD) is a concept in educational psychology that refers to the difference between what an individual can do independently and what they can achieve with guidance and support. In sports coaching, understanding an athlete's ZPD can help coaches tailor instruction, set appropriate challenges, and facilitate skill development. Providing feedback, scaffolding learning experiences, and gradually increasing task difficulty within an athlete's ZPD can optimize learning and performance outcomes.

16. Mental Rehearsal:

Mental rehearsal, also known as mental practice or imagery, involves mentally simulating successful performance before engaging in the actual task. In sports, mental rehearsal can help athletes improve technique, build confidence, and prepare for competition. Coaches can incorporate mental rehearsal into training sessions by guiding athletes through visualization exercises, encouraging them to imagine themselves executing skills flawlessly, and rehearsing game scenarios. Regular mental rehearsal can enhance skill acquisition, confidence, and performance consistency.

17. Positive Reinforcement:

Positive reinforcement involves providing rewards or praise to encourage desired behaviors or outcomes. In sports coaching, positive reinforcement can motivate athletes, build confidence, and reinforce good performance habits. Coaches can use positive reinforcement techniques, such as verbal praise, tangible rewards, and social recognition, to reinforce effort, progress, and achievement. Consistent and specific positive reinforcement can boost athlete morale, foster a positive team culture, and enhance motivation and performance.

18. Resilience:

Resilience is the ability to bounce back from setbacks, adapt to challenges, and thrive in the face of adversity. In sports, resilience is a valuable trait that enables athletes to overcome obstacles, persevere through tough times, and maintain high performance levels. Coaches can help athletes develop resilience by teaching coping skills, fostering a growth mindset, and providing support during difficult times. Encouraging athletes to view setbacks as learning opportunities, stay focused on long-term goals, and practice self-care can enhance resilience and mental toughness.

19. Skill Acquisition:

Skill acquisition refers to the process of learning and mastering new skills or techniques in sports. Athletes must acquire a wide range of motor, cognitive, and interpersonal skills to excel in their sport. Coaches can facilitate skill acquisition by breaking down complex skills into smaller components, providing feedback, and creating structured practice opportunities. Using progressive drills, video analysis, and guided practice sessions can enhance skill acquisition and performance outcomes.

20. Stress Response:

The stress response is a physiological and psychological reaction to external stressors or demands. In sports, athletes may experience stress before competitions, during training, or in high-pressure situations. The stress response can manifest as increased heart rate, muscle tension, and anxiety, which can impact performance. Coaches can help athletes manage the stress response through relaxation techniques, deep breathing exercises, and cognitive strategies. Teaching athletes to recognize and cope with stress effectively can improve performance, resilience, and overall well-being.

21. Zone of Optimal Functioning:

The zone of optimal functioning (ZOF) is a psychological state where an athlete performs at their best, balancing arousal levels and skill execution. In the ZOF, athletes experience a flow state characterized by high concentration, effortless performance, and intrinsic motivation. Coaches can help athletes identify their individual ZOF by monitoring arousal levels, performance outcomes, and subjective experiences. Creating pre-competition routines, setting clear goals, and managing distractions can help athletes enter and maintain the ZOF for peak performance.

22. Performance Enhancement:

Performance enhancement refers to strategies, techniques, and interventions aimed at improving athletic

performance in sports. Coaches and sports psychologists work together to enhance various aspects of performance, such as physical skills, mental toughness, and emotional regulation. Performance enhancement strategies may include goal setting, visualization, stress management, and team-building activities. By addressing both physical and psychological factors, coaches can help athletes reach their full potential and achieve success in their sport.

23. Inclusive Sports Coaching:

Inclusive sports coaching involves creating an environment that welcomes and accommodates athletes of all abilities, backgrounds, and identities. Inclusive coaches strive to promote diversity, equity, and respect within their teams, fostering a sense of belonging and acceptance for all athletes. Inclusive sports coaching practices may include adapting training drills, providing individualized support, and promoting teamwork and mutual respect. By embracing inclusivity, coaches can create a positive and supportive environment where all athletes can thrive and reach their goals.

24. Mental Skills Training:

Mental skills training involves teaching athletes psychological techniques to improve performance, manage stress, and enhance well-being. Coaches can incorporate mental skills training into their coaching practice to help athletes develop mental toughness, focus, and resilience. Mental skills training may include goal setting, visualization, relaxation techniques, and self-talk strategies. By integrating mental skills training into training sessions and competitions, coaches can empower athletes to overcome challenges, build confidence, and perform at their best.

25. Sport Psychology:

Sport psychology is a field that explores the psychological factors influencing athletic performance, motivation, and well-being. Sport psychologists work with athletes, coaches, and teams to enhance mental skills, manage stress, and optimize performance outcomes. Sport psychology interventions may include goal setting, imagery, cognitive strategies, and performance profiling. By applying principles of sport psychology, coaches can help athletes develop a competitive mindset, improve focus, and overcome mental barriers to success.

26. Performance Profiling:

Performance profiling involves assessing an athlete's strengths, weaknesses, and psychological characteristics to optimize performance. Coaches can use performance profiling tools to gather information on athlete's personality traits, motivation, and stress responses. Performance profiling helps coaches tailor training programs, set appropriate goals, and provide targeted interventions to enhance performance outcomes. By incorporating performance profiling into coaching practice, coaches can gain insights into athlete's individual needs, preferences, and areas for improvement to support their development and success.

27. Mental Imagery:

Mental imagery, also known as visualization or mental rehearsal, involves creating vivid mental images of successful performance. In sports, mental imagery can help athletes improve technique, build confidence, and reduce anxiety. Coaches can guide athletes through mental imagery exercises, encouraging them to visualize themselves executing skills flawlessly, achieving goals, and overcoming challenges. Regular mental imagery practice can enhance skill acquisition, performance readiness, and mental toughness in athletes.

28. Flow State:

The flow state, also known as being "in the zone," is a psychological state where athletes experience peak performance and enjoyment. In the flow state, athletes are fully immersed in the task at hand, experiencing deep focus, effortless performance, and intrinsic motivation. Coaches can help athletes enter the flow state by creating optimal training conditions, setting clear goals, and managing distractions. By fostering a flow-friendly environment, coaches can enhance athlete's performance, creativity, and overall well-being.

29. Psychological Skills Training:

Psychological skills training involves teaching athletes mental techniques to enhance performance, cope with pressure, and maintain well-being. Coaches can incorporate psychological skills training into their coaching practice to help athletes develop resilience, focus, and confidence. Psychological skills training may include goal setting, self-talk, relaxation techniques, and imagery. By integrating psychological skills training into training sessions, coaches can empower athletes to overcome challenges, manage stress, and perform at their best consistently.

30. Performance Anxiety:

Performance anxiety is a psychological phenomenon characterized by excessive worry, tension, and nervousness before or during competition. In sports, performance anxiety can impair performance, increase self-doubt, and hinder concentration. Coaches can help athletes manage performance anxiety through relaxation techniques, cognitive strategies, and exposure therapy. Teaching athletes to reframe negative thoughts, regulate arousal levels, and focus on the task at hand can alleviate performance anxiety and enhance performance outcomes.

31. Choking under Pressure:

Choking under pressure refers to a sudden decline in performance due to heightened stress, anxiety, or self-consciousness. In sports, athletes may choke under pressure when they become overly focused on avoiding mistakes or meeting external expectations. Coaches can help athletes prevent choking under pressure by creating a supportive team environment, setting realistic goals, and practicing mindfulness techniques. Encouraging athletes to stay focused on the present moment, trust their skills, and maintain a positive mindset can reduce the likelihood of choking under pressure and improve performance consistency.

32. Motivational Climate:

Motivational climate refers to the social and environmental factors that influence athlete's motivation,

effort, and performance. In sports, coaches can create a mastery-oriented climate that values effort, improvement, and teamwork or a performance-oriented climate that emphasizes winning, comparison, and external rewards. Coaches can foster a positive motivational climate by promoting effort, personal development, and cooperation among athletes. Encouraging intrinsic motivation, providing constructive feedback, and setting challenging yet attainable goals can enhance athlete's motivation and performance outcomes.

33. Performance Feedback:

Performance feedback involves providing athletes with information on their performance to facilitate learning, motivation, and improvement. Coaches can offer feedback on technique, strategy, and effort to help athletes identify strengths, weaknesses, and areas for growth. Effective performance feedback is specific, timely, and constructive, focusing on actionable steps for improvement. By incorporating performance feedback into training sessions, coaches can enhance athlete's awareness, motivation, and performance outcomes.

34. Resilience Training:

Resilience training involves teaching athletes coping skills, stress management strategies, and mental toughness techniques to overcome setbacks and challenges. Coaches can integrate resilience training into their coaching practice to help athletes bounce back from failures, adapt to adversity, and maintain high performance levels. Resilience training may include goal setting, self-regulation strategies, and positive self-talk. By fostering a growth mindset, building confidence, and providing support, coaches can empower athletes to develop resilience and thrive in competitive sports.

35. Sport Performance Analysis:

Sport performance analysis involves evaluating athlete's performance data, technique, and tactics to optimize training and competition outcomes. Coaches can use performance analysis tools, such as video analysis, GPS tracking, and physiological monitoring, to gather objective information on athlete's performance. Sport performance analysis helps coaches identify strengths, weaknesses, and areas for improvement, guiding training program design and performance enhancement strategies. By incorporating sport performance analysis into coaching practice, coaches can make data-informed decisions, track progress, and support athlete's development and success.

36. Mindfulness Training:

Mindfulness training involves teaching athletes to cultivate present-moment awareness, acceptance, and non-judgmental focus to enhance performance and well-being. Coaches can introduce mindfulness practices, such as meditation, breathing exercises, and body scans, to help athletes manage stress, regulate emotions, and improve concentration. Mindfulness training can enhance self-awareness, mental clarity, and emotional resilience, enabling athletes to perform at their best under pressure. By integrating mindfulness training into training sessions, coaches can promote athlete's mental health, focus, and overall performance outcomes.

37. Athlete Wellness:

Athlete wellness refers to the physical, mental, and emotional well-being of athletes, encompassing factors such as sleep, nutrition, stress management, and social support. Coaches play a crucial role in supporting athlete's wellness by promoting healthy habits, creating a positive team culture, and providing resources for well-being. Athlete wellness programs may include education on nutrition, sleep hygiene, mental health, and injury prevention. By prioritizing athlete wellness, coaches can enhance performance, resilience, and overall quality of life for athletes.

38. Athlete Development:

Athlete development involves nurturing athlete's physical, technical, psychological, and social growth to optimize performance and well-being. Coaches can support athlete development by providing personalized training programs, feedback, and resources for skill enhancement. Athlete development programs may include goal setting, periodization, and individualized coaching to address athlete's unique needs and goals. By fostering a holistic approach to athlete development, coaches can empower athletes to reach their full potential, achieve success in sports, and thrive in all aspects of life.

39. Performance Monitoring:

Performance monitoring involves tracking athlete's progress, achievements, and outcomes to assess performance and guide training interventions. Coaches can use performance monitoring tools, such as performance tests, training logs, and competition results, to evaluate athlete's performance trends and areas for improvement. Performance monitoring helps coaches make data-driven decisions, adjust training loads, and set goals for athlete's development. By incorporating performance monitoring into coaching practice, coaches can optimize training programs, maximize performance outcomes, and support athlete's progress and success.

40. Growth Mindset:

A growth mindset is a belief that skills and abilities can be developed through effort, practice, and learning. In sports, athletes with a growth mindset are more likely to embrace challenges, persist through setbacks, and seek opportunities for growth. Coaches can cultivate a growth mindset in athletes by praising effort, providing constructive feedback, and promoting a love for learning. Encouraging athletes to view failures as learning opportunities, set challenging goals, and take risks can foster a growth mindset and enhance performance outcomes.

41. Team Building:

Team building