

Test 1 – Study Guide

For the test, you should understand and be able to apply the following concepts.

Modules 2 & 3

- Understand what sport & exercise psychology is
 - Sport psychology is the scientific study of people and their behavior in sport and exercise contexts
 - Systematic
 - Controlled
 - Empirical (see it to believe it)
 - critical
- Distinguish the different types/approaches of sport psychology
 - Psychophysiological
 - Believe the best way to study behavior during sport & exercise is to examine the physiological processes of the brain & their influences on physical activity
 - Cognitive
 - Emphasize the athlete or exerciser's cognitions, thoughts, & behaviors, believing thought to be central in determining one's behavior
 - Social psychological
 - Assume that behavior is determined by a complex interaction between the environment & the personal makeup of the athlete or exerciser
 - Developmental
 - How people develop over the course of their life
 - Psychodynamic
 - The psychological forces that underlie human behavior, emphasizing the interplay between unconscious and conscious motivation
- Demonstrate knowledge of important figures in sport psychology
 - Norman Triplett (1897)
 - Cyclists
 - Social facilitation
 - Coleman Griffith (early 20th century)
 - 1st sport psych lab at University of Illinois
 - Research – motor learning; personality and athletic performance
 - 1st sport psych to work with pro and college teams (Chicago Cubs and Notre Dame football)
 - FATHER OF SPORT PSYCHOLOGY IN NORTH AMERICA
 - Bruce Ogilvie (1960's)
 - FATHER OF APPLIED SPORTS PSYCHOLOGY
 - Personality- problem athletes and how to handle them
 - Rainer Martens
 - Social psychology and physical activity
 - Human Kinetics Publishing

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