

SET UP THE ENVIRONMENT

- Designate a study area quiet, well-lit and private. Not too hot or too cold.
- Limit chances of distractions and interruptions.
- Play suitable study-music softly in the background or let your child listen to it on device with headphones.
- Provide water or non-sugary drinks and healthy snacks studying is hard work!
- Look back at PowerPoints to see important book sections
- Reread textbook chapters

QUIZ TOPICS

- Chapter 19 Introduction to Psychological Skills
 Training
 - Why do players and coaches often neglect psychological skills training?
 - Who should be doing PST?
 - When is it generally the best time to incorporate PST programs?
 - Why is a performance profile useful to have as a coach/trainer?
 - How can mental toughness be increased?

Chapter 20 Arousal Regulation

- Know and understand progressive relaxation.
- · The "Checklist of Performance States"
- Relaxation techniques and their classifications
- Effective breathing

Chapter 21 Imagery

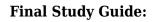
- What senses are involved in imagery?
- Explain psychoneuromuscular theory.
- Effective imagery training involves what?
- Internal vs. External imagery.
- PETTLEP Imagery.

Chapter 22 Self Confidence

· What is the most dependable information to base self-efficacy on?

Final Study Guide

TD Snyder



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