

# **EPHE 575**

# **APPLIED SPORT**

# **PSYCHOLOGY**

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MCK 187

**About me...**

# **About the course...**

**Teaching style...**



# **Course outline...**

**[www.krigolsonteaching.com](http://www.krigolsonteaching.com)**

# **SPORT PSYCHOLOGY BASICS**

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- **What is sport psychology?**
- **What do sport psychologists do?**
- **How old is the profession?**
- **What are the key events in the history of sport psychology?**

# ORIGINS OF SPORT PSYCHOLOGY

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- **Psychology has a Greek derivation**
  - Psyche means "mind or spirit"
  - Logos means "sayings or speakings of"
  - Literally means "speakings of the mind"
- **Definitions of Psychology**
  - William James (1890): "The science of mental life"
  - Current Definition: "The study of behavior"
- **Scope of Discipline**
  - from animals to humans
  - from nerve cells to attitudes and personality

# ACADEMIC ORIGINS OF SPORT PSYCHOLOGY

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Physical Sciences

Biological Sciences

Social Sciences

Biomechanics

Psychology

Exercise Physiology

Sport Sociology  
Cultural Anthropology

Sports Psychology  
Social Psychology of Sport  
Motor Learning  
Motor Development  
Motor Control

# **TWO TYPES OF QUESTIONS**

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- **How do psychological factors impact sport and exercise?**
- **How do sport and exercise influence psychological development?**

# **HOW PSYCHOLOGICAL FACTORS IMPACT SPORT**

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- **How does anxiety affect a basketball player's free-throw shooting accuracy?**
- **Does self-confidence influence a child's ability to learn to swim?**
- **How does coach reinforcement and punishment influence team cohesion?**
- **Does imagery training facilitate the recovery process in injured athletes and exercisers?**

# **IMPACT OF SPORT ON PSYCHOLOGICAL DEVELOPMENT**

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- **Does running reduce anxiety and depression?**
- **Do young athletes learn aggression from participating in youth sports?**
- **Does PE class participation facilitate children's self-esteem development?**
- **Does participation in college athletics enhance character development?**



# **GOALS FOR SPORT PSYCHOLOGISTS**

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- **Use the scientific method and the experimental lab to discover principles which will aid in answering specific problems of teachers and coaches.**
- **Adapt the information gained in the psychological lab to sport.**
- **Observe the best coaches and teachers, record the psychological principles they use and convey these principles to new teachers and coaches.**

# **HISTORY OF SPORT PSYCHOLOGY**

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- **Early Years (1895-1924)**
- **Griffith Era (1925-1938)**
- **Dark Ages (1939-1964)**
- **Contemporary Era (1965-present)**

# EARLY YEARS (1895-1924)

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## ■ Research

- Triplett (1899): 1<sup>st</sup> social psychology experiment,
- lab based procedures,
- topics focused on personality and motor learning

## ■ Teaching – none

## ■ Consultation -- none

# GRIFFITH ERA (1925-1938)

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## ■ Research

- conducted a systematic program of theoretical and applied research
- **lab-based**
- topics focused on motor learning and sport performance (e.g., football stance)

## ■ Teaching

- developed sport psychology class and taught principles in several class

# GRIFFITH ERA (1925-1938)

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## ■ Consulting

- wrote books
  - **Psychology of Coaching**
  - **Psychology and Athletics**
- outlined functions of sport psychologists
- consulted with a wide variety of Illinois athletic teams
- consulted with **1938 Chicago Cubs** to improve hitting

# DARK AGES (1939-1964)

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## ■ Research

- little systematic lab-based research
- Alan Slater-Hammel -- motor learning
- Emma McCloy -- motor abilities

## ■ Teaching

- John Lawther (1951) *Psychology and Coaching*

## ■ Consultation

- minimal consultation being conducted

# CONTEMPORARY ERA (1965-PRESENT)

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## ■ Research

- In 1965, 1<sup>st</sup> International Congress of Sport Psychology in Rome
- Research mushroomed to help develop a strong knowledge base
- In 1967, North American Society for the Psychology of Sport and Physical Activity (NASPSPA) founded.
- In 1979, *Journal of Sport Psychology* started to publish research

# CONTEMPORARY ERA (1965-PRESENT)

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## ■ Research

- In 1981, Martens' **Smocks to Jocks** articles promoted field research
- In 1986, **Association for the Advancement of Applied Sport Psychology (AAASP)** founded,
- In 1987, **APA Division 47 – Sport & Exercise Psychology** founded
- In 1987, ***The Sport Psychologist*** started



# CONTEMPORARY ERA (1965-PRESENT)

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## ■ Research

- In 1989, *Journal of Applied Sport Psychology* founded

## ■ Teaching

- Specialized courses and graduate programs developed in late 1960's
  - In 1972, 6 grad programs in U.S.
  - Today, over 140 grad programs
- Textbooks and supplemental materials developed (e.g., over 30 texts today)

# CONTEMPORARY ERA (1965-PRESENT)

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## ■ Consultation

- In 1967, Ogilvie and Tutko wrote *Problem Athletes & How to Handle Them*
- In 1981, Martens pioneered “psychological skills” concept
- In 1983, USOC developed **Sport Psychology Registry** to deal with quality control
- In 1983, Burton 1<sup>st</sup> paid sport psychologist in university athletic program

# CONTEMPORARY ERA (1965-PRESENT)

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## ■ Consultation

- In 1984, NASPSPA certification vote prompted development of AAASP
- In 1989, AAASP approved “certification” of sport psychology consultants
- Today, most professional and Olympic teams have sport psychologists
- Only about 20 universities have full-time sport psychologists.

# EDUCATIONAL VERSUS CLINICAL SPORT PSYCHOLOGY

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Clinical Sport Psychology

Educational Sport Psychology

Abnormal  
Behavior

Normal  
Behavior

Supernormal  
Behavior

**solve  
problems**

**develop  
mental skills**

# **CLINICAL SPORT PSYCHOLOGISTS (CSP)**

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- **Trained as clinical or counseling psychologists (i.e., licensed by state).**
- **CSPs deal with clients who have some type of psychological problem (i.e., neuroses & psychoses),**
- **Their goal is to help person function normally in daily life by overcoming psychological problem(s).**
- **Therapy often lasts months, and even years, using intense, one-on-one psychotherapy sessions to identify and correct problems (i.e., psychoanalysis).**

# **EDUCATIONAL SPORT PSYCHOLOGISTS (ESP)**

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- **Trained in sport/exercise science programs to teach “mental skills,”**
- **Deal with clients who are psychologically normal but have to perform in ultra intense, pressure-packed situations (i.e., Superbowl, Olympics, Masters or Wimbledon),**
- **ESPs are “mental coaches” whose goal is to help athletes develop “super normal” mental skills necessary to (a) perform optimally in challenging situations, (b) experience personal highlights and (c) develop to their full potential.**

# **SPORT PSYCHOLOGY ORGANIZATIONS**

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- **Association of Applied Sport Psychology (AASP)**
- **Canadian Society for Psychomotor Learning and Sport Psychology**
- **North American Society for the Psychology of Sport and Physical Activity (NASPSPA)**

# SPORT PSYCHOLOGY JOURNALS

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- *Journal of Applied Sport Psychology (JASP)*
- *Journal of Sport and Exercise Psychology (JSEP)*
- *The Sport Psychologist (TSP)*



# **SPORT PSYCHOLOGY CAREER FIELDS**

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- college teaching
- performance consulting
  - sport
  - military
  - business
- health and exercise psychologist
- sports medicine psychologist

# ACTIVITY ONE

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- Find a graduate program specifically focused on Sport Psychology
- Find what the program requirements are, what courses the students take, etc.

# ACTIVITY TWO

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- Find a sport psychologist
- What are there qualifications?

# ACTIVITY THREE

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- **Decide on a topic for your major assignment**
- **Write down your name and your topic on the signup sheet**
- **Find a research paper related to your topic area – show me**

# FOR TOMORROW

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- **Get the readings done!**